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Weeknight Dinners in A Flash P.177

so pretty, so easy

Dazzling Containers To Dress Up Your Patio

More Room

How to Help a Normal House Live Extra Large

Tons of Tips

- Refresh Your Deck
- Short-Cut Cleaning
- Small-Space Office


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fresh

ON OUR COVER

So Pretty, So Easy

VOLUME 88, NUMBER 5

COVER PHOTO: PETE KRUMHARDT



INTRODUCING FEKKAI

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FOUNDER | CREATOR



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With his flagship on Fifth Avenue in New York, one salon now extends to many from coast to coast in the nation's most fashionable cities, including L.A./Melrose Place, Palm Beach and Dallas, to name a few. And before any product bears the Fekkai name, Frédéric and his team of experts test each formula in his salons to ensure that the highest quality and performance prevails, and beauty radiates. Now—they're yours.

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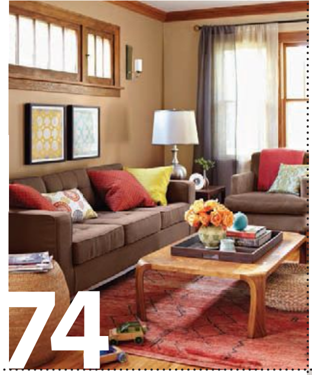
OUR INTENSIVE ANTI-FADE COLOR COMPLEX IS A FUSION OF NATURE & SCIENCE WHICH DELIVERS COLOR PROTECTION RESULTING IN LUXURIOUS, CONDITIONED AND VIBRANT HAIR COLOR.

SHAMPOO | CONDITIONER | MOISTURE MASK | TOP COAT



WEAR FEKKAI HAIR™

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indoors

outdoors

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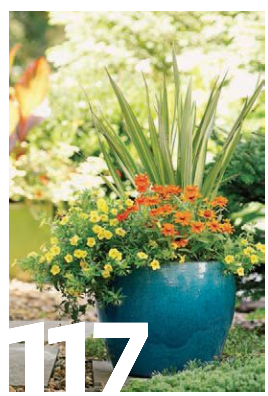
food

better health

better family

in every issue

reader shopping



Get that gorgeous tumble of leaves and flowers in your containers with our easy tips on *page 117*. We'll even show you how to keep plants at their best.





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VOLUME 88, NUMBER 5

a month of blooming



WHO'S THE FAIREST?

Why should spring flowers get all the admiring looks? Adorn yourself with blossoms that'll last all year long. The best part? No wilting.

< Fiona necklace, Prismera Design, $50; prismeradesign.com.



FLORAL EXPRESSIONS

What are your flowers saying? According to the Los Angeles Flower District Association, geraniums and gladiolus signify friendship, jasmine evokes grace and elegance, and apple blossoms send a message of good fortune.

4

5



ON DISPLAY

Give your flowers the professional touch: Look for a floral design class at a local shop or Y, or get inspired by the gorgeous arrangements in the coffee table book **Decorating with Flowers** (*Rizzoli 2010; $25*).

9 grow flowers with Mom

Coaxing blooms out of this all-inclusive set is a snap—they'll spring up right in the bag.

10 11 13 14 15

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> Mother's Day Mixed Zinnia bag, Garden in a Bag, $9; pottingshedcreations.com

LASTING IMPRESSION

Treat someone special to a spring bouquet, and slip in a silk flower—even when the real blooms fade, it will last forever.

19

23 24 25 26



Celebrate budding cherry blossoms with a nod to Japan's annual flower-viewing fetes, where revelers toast the blooms.

> **CHERRY BLOSSOM COCKTAIL**

1½ oz cherry brandy
½ oz Triple Sec
1½ oz lemon juice
Simple syrup to taste
Mix over ice, garnish with cherry, and serve.

> **HOW SWEET IT IS** Love roses? How patriotic of you. The rose has been the national flower of the U.S. since 1986.

BY KELLY L. PHILLIPS; PHOTOS: ADAM ALBRIGHT; (WOMAN SMELLING FLOWER) VEER. CHERRY BLOSSOM COCKTAIL NAPKINS, $37 FOR 100; FORYOURPARTY.COM



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May is a month of celebrations, both official and the ones we make for ourselves. In my part of the country, children still mark May 1 by leaving small baskets of goodies at friends' doorsteps, ringing the bell, and scampering away unseen (a tradition that took us quite by surprise our first year in the Midwest!). On the second Sunday, we honor moms. Later in the month, we memorialize the men and women who died in service to our country. And—after all, it *is* May—we usually add in a picnic or grill out to celebrate our way of life.

In between are all the other occasions of late spring, such as end-of-school-year potlucks, graduation parties, and showers for June brides. It can all add up to a busy month, but the best thing about May gatherings is that it's easy to keep them casual, moving outdoors for the warm weather and garden settings. Some of my best Memorial Days have been spent on friends' patios, sitting in mismatched chairs, eating burgers and red-white-and-blue salads from paper plates. Simple—and with the focus on fun and conversation.

This issue is full of ideas for bringing ease to May's month of celebrations, from creative ways to dress the table for a Mother's Day meal, to container gardens to dress your patio, to our first-ever spring gift guide. Our food team tackled the tricky problem of preparing serial special-occasion meals and arrived at "One Menu, 3 Ways," *page 161,* a set of go-to recipes—entrée, salad, side dish, and dessert—that you can easily change up for any occasion. Menu planning solved.

For me, May holidays are among the most meaningful of the year, especially because Mother's Day always falls within a few days of my own mother's birthday. That gives me double reason to pause and appreciate my good luck to have a mom who's wise, funny, loving, and a great listener. Moms who encourage, or being an encouraging mom—now that's something to celebrate.



Gayle Goodson Butler, Editor in Chief



SHARE OUR STRENGTH, the national organization working to end childhood hunger, is holding its first-ever Great American Bake Sale National Challenge April 16–18. Go to *strength.org* to find a sale near you. If you miss that weekend, the national bake sale continues through October 31, so there's still plenty of time to get involved.

Color Scheme of the Week

It's a fan favorite on our Facebook page, *facebook.com/mybhg* along with tips, recipes, reader posts, and opinions.

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MAKEUP: MARY-KATE GAYLES


IT'S TIME TO TREAT SKINCARE MORE LIKE HEALTHCARE.
We exercise to keep our body strong.
We eat responsibly for the good of our heart.
But our skin? Too often we treat it like a shell.
We like to make it feel nice.
We want it to look beautiful.
But rarely do we care for it with the seriousness that we treat our overall health.
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We invite you to join us.
Take the Skin First Pledge at EucerinUS.com/SKINFIRST.
It's a simple commitment to make skincare an essential part of your healthcare routine. Because when you put your skin's health first, youthfulness, confidence and even beauty—all will follow.
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letters CONNECTING

Your March issue was kitchen heaven for me! I found so many budget-friendly ideas to use in article after article, and the colors were warm and inviting.

Arlene Lawrence, San Jose, CA

When the March issue arrived, my three daughters and I decided to make chef Scott Peacock's pecan rolls ASAP. The directions were easy to follow, the dough was gorgeous, and licking spoons after making the topping was almost too much fun. I grew up with BHG and still depend on it. This is certainly going to be one of those recipes my girls take with them when they leave the nest.

Kathryn Southwick Hess
Walla Walla, WA

Our family loved the "Thoroughly Modern Meat Loaf" recipes in the March issue. We enjoy making mini-meatloaves in a muffin pan. They freeze well and the fun size is just right for our 2- and 5-year-old daughters.

Katrina Brohn, West Bend, WI

I always thought I was an optimist. But after reading "The Pessimist's Guide to a Happier Life (March)," the truth came through. I get it! I finally get it!

Anne Shamonsky, New Ringgold, PA

I was dismayed to learn that I'm a pessimist. But upon contemplation, I decided that giving oneself credit for every good thing that happens is more like narcissim than optimism!

Barbara Oberholtzer, Villas, NJ

As I read my February issue, the Fresh Now item "Pay It Forward" caught my eye. At our library, we put up a bulletin board and set out paper hearts for people to write down random acts of kindness that they have experienced. We can get a little down here in Michigan because of the bad economy, but it was heartwarming to see that there are plenty of good things happening, too.

Doreen S. Hannon, Director
Salem-South Lyon District Library

I was thrilled to see you consult "cosmetic cop" Paula Begoun in February's Beauty Style section ("Hydrate!"). I just turned 43, and I still get asked for ID when buying a bottle of wine. Thank you Paula for great, affordable products and thanks to BHG for all your great ideas on health and beauty.

Lisa Binsfeld, Phoenix, AZ

"Perfect Pairs" in February wowed me so much that I bought what I needed Saturday to bake the Rustic Chocolate Pie and Chocolate Decadence Cookies on Sunday. Thanks from a baking enthusiast and chocoholic for a delicious issue.

Ann Marie Mueller, Dueren, Germany

I really enjoy each month's featured blogger in the Fresh Now section. I've added so many to my daily reads.

Keely Steger, Norman, OK

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pH balance improves skin barrier function
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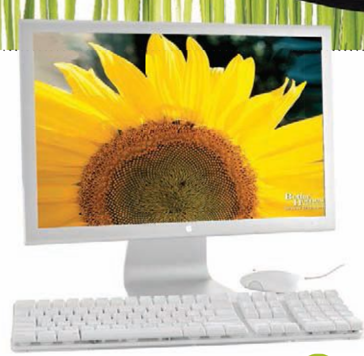
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We've got lots more fun interactive tools you'll love.
BHG.com/tools

win these!

Enter the BHG.com Daily Sweepstakes every day for a chance to win our daily prize, such as these three goodies from our summer gift guide! When you do, you're automatically entered into the $5,000 grand prize giveaway. See abbreviated rules on *page 238*. Enter at **BHG.com/win**



ENTER ON MAY 5, 2010



ENTER ON MAY 14, 2010



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CONTACT US! We'd love to hear from you. **E-MAIL US** support@bhg.com **WRITE US** 1716 Locust St., Des Moines, IA 50309-3023


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IDEAS FOR LIVING WELL

See Spot Chill

Get your summer soothe on with a going-nowhere-fast bike ride, a chat-awhile alfresco lunch, or just a few sit-and-stay moments with your best friend.

FOR SOME SPOT-ON INSPIRATION TO CELEBRATE BE KIND TO ANIMALS WEEK, MAY 2–8, CHECK OUT KIDS' EFFORTS TO HELP OUR FURRY FRIENDS, AT *AMERICAN HUMANE.ORG.*



PHOTO: VEER

Produced by KELLY RYAN KEGANS and JESSICA THOMAS

things to do this month...



1 GO TIPTOE

Take a stroll through the tulips—or perhaps the azaleas—during special events May 7, National Public Gardens Day. Become a member of your local public garden and receive a free or renewed subscription to *Better Homes and Gardens* magazine. Visit *bhg.com/gardening/arboretums.*



2 THINK OUTSIDE THE MINIVAN

THINK OUTSIDE THE MINIVAN Roll out National Bike Month by renting a two-wheeler on your next trip. See the town *and* torch a few kilocalories? Win! Visit *bikeleague.org* for rental info and to plan routes.

3 SCORE A PASSING GRADE

Teacher Appreciation Day is May 4, but before you buy another novelty mug, consider this thought from a Massachusetts high school teacher. "One of the kindest gifts I received this year was a beautifully written thank-you card," says Mindy Morrill. "I have saved all of the notes and cards students have written me, and when I reread them, I am reminded of why I chose this profession."

4 STEAL A DEAL

STEAL A DEAL Catch early summer sales over Memorial Day weekend. Check *memorialdaysales.com* and *therecessionista.blogspot.com* for a list of stores with discounts.

INDISPENSABLE: SUN HATS

You'll have it made in the shade when ultra-violet rays are itching for a high-noon face-off in the garden or poolside. *From top*: Apple/White Ribbon Crusher, $42; *sandiegohat.com*; Dorfman Pacific blue cotton hat (LC399), $36; Lord and Taylor stores; Green Print Bucket hat (CTH30360S), $45; *sandiegohat.com*; and Green Cotton Crusher, $30; *sfhat.com*

Q&A

What's a quick way to clean off my grill?

If you don't have a wire grill brush handy, crumpled-up aluminum foil does the trick. Let the grill cool, then brush off the debris using the ball of foil.

—from *Better Homes and Gardens New Grilling Book*

PHOTOS (HATS): ADAM ALBRIGHT; CONTRIBUTORS: SALLY FINDER, PETRA GUGLIELMETTI, JANE CIABATTORI, JEANNE AMBROSE, ERIN WYLIE

fresh NOW



roll tape!

Get stuck on colorful masking tape. Wrap it around gifts like ribbon, embellish scrapbook pages, or simply seal a letter to a friend. Starting at $20 (for 5 rolls); *reformschoolrules.com*

5 must-see movies for summer

- *Robin Hood* (May) Russell Crowe stars as the legendary archer, with Cate Blanchett playing Maid Marian.
- *Toy Story 3* (June) Fifteen years after the original, this animated favorite goes 3-D, with Tom Hanks returning as the voice of Woody.
- *Karate Kid* (June) A remake of the 1980s blockbuster martial arts film, this time with Jackie Chan.
- *Get Low* (July) Oscar bait: Bill Murray, Robert Duvall, and Sissy Spacek in a heartfelt 1930s tale.
- *Eat, Pray, Love* (August) Julia Roberts stars in the screen version of the 2006 best-selling memoir.

PUCKER UP Meyer lemons—the sweet-tart gems of the citrus family—are at their peak this month. Make this icy treat ahead of time to pull from the freezer when you need an instant refresher. Turn to *page 202* for the recipe.



good reads

Life Would Be Perfect if I Lived in That House Author Meghan Daum explores her history with houses in a charming and witty memoir, taking readers on a tour from her Illinois girlhood home to dorm living to her house in Los Angeles.

Mom: A Celebration of Mothers from Story Corps David Isay's book lets readers "listen in" to poignant portraits of motherhood, featuring excerpts from the *Story Corps* show that airs Fridays on National Public Radio.



good deed

Pillowcase Challenge
Sew a pillowcase as part of a year-long movement to make 1 million pillowcases that will be donated to local charities, from children's charities to nursing homes and shelters. allpeoplequilt.com/millionpillowcases

blogged...

PARTYPERFECTBLOG.BLOGSPOT.COM
If party prep doesn't exactly feel like a fiesta, there's one way to restore the fun factor. Cheat! Get the crib notes from Sara Hicks Malone. Her bag of tricks includes: Buy store-bought cupcakes. Everyone will think they're from-scratch if you top 'em with handmade pennants.



PHOTOS (LEMON ICE; TAPE): ADAM ALBRIGHT



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it defies gravity.
*In a clinical test after 8 weeks use, resculpts. **Based on a consumer-perception study, women judged they looked up to 5 years younger starting in 4 weeks. ©2010 Garnier LLC.
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PICK OF THE MONTH

$4 cloth napkins

The next time you gather the ladies to lunch, pull out these handwoven lovelies. Made of 100 percent cotton, the napkins are sold as hand towels, but their 15-inch-square size and variety of great colors make them a welcome addition to the table. $4 each (minimum of 8); *Karaweaves.com.*

PERFECT PAIRS

Wrap your napkins in a bit of jewelry to show off your personal style.



RING SIDE Square rubber rings also work as glass markers. $14 (set of 6 solid colors), $16 (set of 6 designs); *modern-twist.com*



BLING SIDE Vibrantly colored beaded rings are like little bracelets for the table. $17 (set of 6); *wrapables.com*



WRITE SIDE Each porcelain ring bears its own design to stand alone or work as a collection. $12 each; *dinner-ware.com*

PHOTOS: ADAM ALBRIGHT


NEW SLENDER SECRET JEANS
JEANS THAT INSTANTLY SLIM YOU.
DO YOU HAVE AN INSTANT?
Tailored lines, premium stretch denim, great pockets and oh yeah, they instantly slim you.
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Give your digital images some new moves with multitasking photo frames. They scan old photos, offer on-the-spot printing, and more.

motion pictures



CHANGE THE FRAMES You'll never tire of the picture on your desk when it's always changing. Load up to 1,000 images through the integrated card reader, or connect to your computer. Use the frame this device comes with or fit it into almost any 8×10-inch frame, *left*. Audiovox Decor DPF8300, $130; *audiovoxconsumer.com*

E-MAIL IT Adding photos to this frame is as easy as sending an e-mail. Each 8-inch frame has an individual e-mail address and uses AT&T's cellular network to check for new photos. Load up to 300 images free. Want more? It's $10 for each 100 photos. And the internal memory stores up to a whopping 6,400 shots. Pandigital Photo Mail, *$130; pandigital.net*

SCAN OLD PHOTOS Bring prints into the digital age with this frame, which includes a built-in scanner to process photos up to 4×6 inches. And don't hold back: It stores up to 2,000 images, which also can be loaded with a memory card or USB cable. Skyla FS80 Memoir, $130; skyla.com

MAKE PRINTS Share your favorite shots in two ways with this digital frame that lets you view *and* print photos. Just attach the included paper tray when you want to print 4×6-inch shots. Load up to 2,000 images via memory card or computer. Sony DPP-F700, $200 for the frame and $20 for a 40-sheet paper-and-ink refill; *sonystyle.com*

LOW-COST If a bargain price means more to you than bells and whistles, take a look at this 7-inch, $50 photo frame. Like most in its league, it displays a clock or calendar with your photos. Photos remain on a memory card or USB memory stick (there is no internal memory). Coby DP732; *cobyusa.com*

BY SUZANNE KANTRA; PHOTO (PICTURE FRAMES): ADAM ALBRIGHT


SOME HORTICULTURISTS PREFER
TO WORK THEIR CRAFT INDOORS.
You'd think the 5-foot ficus would be safe. And it was, until we got our new puppy. But no matter how messy things get around here, the floor always comes out looking great – resisting scratches and not a stain in sight. Yeah, our canine companion is a complete original. Fortunately, our floor is one of a kind too. Pergo invented laminate flooring and they've been improving it ever since – presumably in anticipation of our ficus-destroying pup's arrival. For a sample and all you need to know, visit Pergo.com.
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mom time

Stylemaker Matthew Mead sets the scene for a springy Mother's Day celebration.

by JODY GARLOCK photos HELEN NORMAN
produced by MATTHEW MEAD



LEAFY BOUQUETS A few roses in beds of lettuce are Matthew's budget-friendly spin on floral arrangements. "You don't need a lot of flowers to make an impact," he says. "It's all about taking a couple of elements and making them showstopping."







BORDER PLANTINGS Matthew doesn't sweat the small—but important—stuff when entertaining. The daisies on the tablecloth are scrapbooking cutouts attached with glue dots. "In minutes you can give this nice detail to a simple tablecloth," he says.

FRESH CUT "Why not have fun with fruit?" says Matthew, who cut melons into springtime shapes. Cut the ends off a melon, slice it into 1/2-inch-thick planks, then use 2-inch metal cookie cutters to cut shapes. To keep the cutouts fresh, toss with lemon juice and refrigerate for up to four hours.

FAMILY TREE Mother's Day is a time to celebrate the connection between moms, daughters, and sisters. Hence Matthew's through-the-generations display. Prop photocopies or computer printouts of photos inside clear jars or canisters, and group into a conversation-starting 3-D collage.

For buying information see page 237.

www.dyson.com



Other vacuums keep costing

Other machines are still designed to need replacement bags, belts and filters – which can be tricky to find, let alone replace. Over five years the average maintenance cost could be $233.*

Dyson vacuums keep working

With Dyson vacuums there are no bags, filters or belts to buy. Dyson uprights and canisters are also guaranteed for five years so they don't cost a dime to maintain.

*Average five year maintenance cost of top eight selling upright vacuum cleaners by dollar sales (excluding Dyson vacuums) according to NPD data for 12 months ending October, 2009. Total maintenance cost over a five year period is based on recommended filter and belt replacement information provided by each manufacturer.

Dyson proves no loss of suction using the IEC 60312 Cl 2.9 test standard.

dyson

The vacuum that doesn't lose suction.



indoors

LIFE AT HOME



Throw open the doors, and let in the light. Make your home a happy gathering spot, a family refuge, a personal exclamation—it's Spring!



Jayme's self-described style is "Vintage Coastal," which includes everything from a growing seashell collection to hand-me-down and yard-sale curiosities, plus a few favorites from her store. What keeps the eclectic mix from spilling into chaos is careful editing—Jayme keeps only objects she treasures.





a lease on light

JAYME ARMOUR LEFFLER MAY HAVE TRADED IN HOME OWNERSHIP FOR A RENTAL, BUT THAT DIDN'T DAMPEN HER SENSE OF STYLE.

"This looks like a hunting lodge," Jayme Armour Leffler thought three years ago when she saw the interior of a 1928 stone cottage that was for rent. But dark green walls and near-ebony molding couldn't mask the abundant light that poured into the small Decatur, Georgia, house. Jayme fell for the fairy-tale climbing fig that framed its arched front door, a mantel quarried from nearby Stone Mountain, and 12-foot ceilings that gave the house an airiness reminiscent of her Florida childhood on the Gulf of Mexico. So Jayme, who owns the chic home furnishings shop Armour & Co, came up with an ingenious, scaled-down renovation plan that made someone else's house her home.

by LISE FUNDERBURG photos ROB BRINSON produced by LISA MOWRY styling ANNETTE JOSEPH



1

“Everything in my house means something to me for its beauty, functionality, or personal attachment,” says Jayme. Her collection of paired champagne flutes (1) is a case in point: “They’re so pretty, and they’re functional,” she says. “I probably have 12–15 pairs.” Jayme’s favorite accent color is white, seen on an Ikea rattan shade (2) jazzed up with high-gloss spray paint, a whimsical elephant table (3), and crisp white molding that sets off gray dining room walls, a color she jokingly describes as “Florida on an overcast day.”



2



“It was love at first sight for me with this house, but it still needed some attention to make it feel like mine,” says Jayme. Since it made no sense for her to pay for major construction or carpentry as a tenant, she devised her home “rentervation” plan by identifying four cosmetic changes that would have the biggest impact for the fewest bucks. First, she secured the landlord’s permission to repaint. “Go ahead,” the owner said. “I’ve never liked those colors.” Next, Jayme had rugs custom cut to fit the rooms. The seagrass rugs reinforce the beach aesthetic and provide a low-maintenance covering that withstands the traffic of her two large dogs. Then she took down the ceiling fans that hung everywhere and replaced them with her own fixtures, which she can take with her if she ever moves. Finally, she bought bamboo blinds, cheap enough to buy in the exact sizes she needed for nearly every window in the house and a sentimental reminder of her grandmother’s Cocoa Beach home.

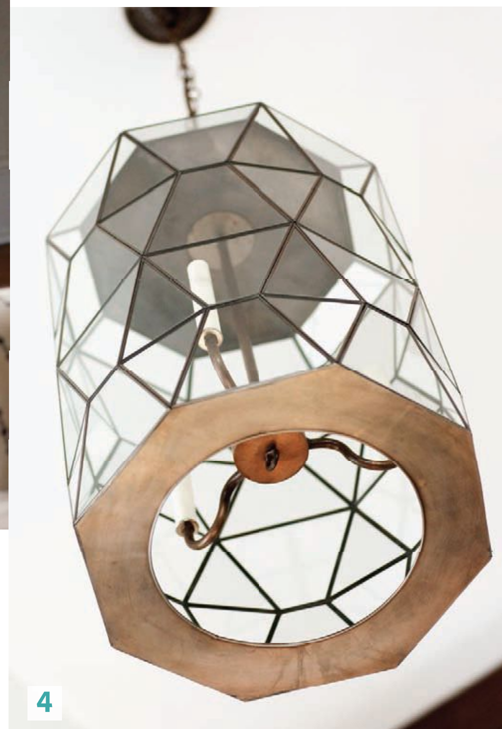


3

"I like it when a house tells the story of the person who lives there," says Jayme. "My favorite things have a vintage appeal and look like they could be one of a kind, even if they're not." Metallic accents show up in everything from fixtures (4) to frames (5). "I do like shiny things," she admits. She picked her living room chandelier for its see-through, windowlike quality. That sense of transparency pops up in elements such as an acrylic side table (6), clear lamp bases, and a glass box Jayme uses to display her everyday and favorite jewelry (7).



6



4



5



7



In Jayme's guestroom, walls are white, but pale green-and-lavender bed linens and orange geometric accent pillows bring color to the room. Metallic footstools, a seashell chandelier, and elegant pagoda lamp all add a formal touch but are balanced by the yard-sale sideboard and souvenir wooden rabbit (used as a hammer to pin up reproduction seaweed prints).





"I love organic forms, like seashells and seaweed prints, or a box of quartz," Jayme says. "Natural items have natural beauty." Personal accessories—a mix of family treasures, gifts from friends, and a few picks from her store—enliven the subdued, neutral backdrop.

Now that Jayme's put her mark on this house, she's given up on the idea of saving to buy her own home. She spends most of her time at her shop, she can bike into the historic center of town for brunches and dinners, and when she is at home, she can truly relax or entertain friends. "I'm in the store six or seven days a week, so it's nice to come back and not feel daunted by upkeep and just be able to enjoy the space," she says. For now, at least, the headaches of ownership are something she's willing to live without. "I love that when something breaks," she says, "I get to call someone else."



A persimmon garden stool is a perfect side table because it's oversized and unusually tall. Arched French doors that lead from her bedroom to the deck have all the qualities she loves: They're original to the house, they bring in light, and the locking mechanism—long vertical bolts that operate by a knob—is in a style she's never seen anywhere else.

"My possessions are pretty streamlined at this point. Everything in my house means something to me, and it will all travel with me in some capacity wherever I go. I'm far too sentimental to ever start again from scratch."

For buying information see page 237.


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1/2 teaspoon pure vanilla extract
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Freeze Time: 10 minutes
Makes 2 Servings
PLACE banana in freezer for 10 minutes or until slightly firm.
PROCESS all ingredients in a blender until smooth, stopping to scrape down sides. Serve immediately.
Nutrition Info per Serving (Serving Size: 8 fl. oz.)
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deck stains

Pretty colors aren't just for walls. Treat your deck with a solid stain that's tough and beautiful.

BROAD STROKES
SMOKE
A wash of cool gray gives a by-the-sea look. Driftwood SW3027; sherwin-williams.com

BROAD STROKES
LAMB'S EAR
This green has enough gray in it to complement rather than compete with garden foliage. Orchard SW3036; sherwin-williams.com

SMALL STROKES
BLUE MIST
Makes a deck modern and a garden bench fabulous. Woodsman Blue Fog; truevaluepaint.com

SMALL STROKES
BARN DOOR
A strong color that makes an impact against a brick exterior. (Turn the page to see it in three opacities.) Woodsman Redwood; truevaluepaint.com

BROAD STROKES
STONEWARE
Pair this fuss-free color with patio furniture in rich hues: deep red, navy, or turquoise. Briarwood; benjaminmoore.com

BY: JOANNA LINBERG; PHOTO: ADAM ALBRIGHT; PRODUCED BY: JESSICA THOMAS



Deck stains have gone way beyond brown. Be creative and use multiple colors to wake up your backyard.



deck revival

Owners of old decks, take heart: HGTV host Jeff Wilson says solid deck stain will change almost any aging outdoor structure from ragged to remarkable. Here are his top three age-concealing tips.

SAME TRICK To pick a colored stain, test it as you would paint. Try the stain on a couple of inconspicuous square feet of your deck, says Wilson. If you don't like it, use deck stripper to remove it, rather than sanding, which creates unevenness in the deck.

CHEAT SHEET "Remember the color wheel from grade school," Wilson says. Find the most dominant, unchanging color in your backyard—probably your home's exterior—and choose its complement for a stain. Tan siding begs for a smoky blue counterpoint.

WOOD MATTERS Every wood has a natural cast to it. Pressed pine, commonly used for decks, is green when unfinished. If the natural color bothers you, try a semitransparent or solid stain to cover it, says Wilson. Or match the stain to the wood: a green-tinted stain for pine, for example.

AGAINST THE GRAIN Deck stains come in four opacities—which one you choose depends on your taste and your deck's age.

CLEAR (or "natural") only barely changes the wood color. "If you have new or expensive wood, you probably want to see the grain, so use a clear stain," says Wilson. Life span: 1–2 years.

TINTED gives just a hint of color, so expect the natural tone of the wood to come through and alter the stain. This subtle hue shift is the best option for outdoor color first-timers. Life span: 2–3 years.

SEMITRANSPARENT will show the wood grain but has heavier pigmentation. "If your deck is older and you've replaced a board or two, use this to make it more uniform," he says. Life span: 3–5 years.

SOLID completely hides the wood grain. If your deck has stains or other aesthetic damage, try a solid. It will cover most blemishes and offers higher UV protection for the wood. Life span: at least 5 years.



PHOTO: (DECK) MICHAEL JENSEN; (PORTRAIT) SHERRI JAMES

Easy Spring *Entertaining*

From Mother's Day to graduation celebrations, spring seems to be the high season for entertaining. But thanks to these simple yet impressive recipes made with PEPPERIDGE FARM® PUFF PASTRY SHEETS and SHELLS, you can spring into party planning effortlessly.





3 STEP *Recipes*

Prosciutto Asparagus Spirals

Thaw Time: 40 minutes | **Prep Time**: 15 minutes
Bake Time: 15 minutes | **Makes**: 30 pieces

INGREDIENTS

- 1 package (17.3 ounces) *Pepperidge Farm* **Puff Pastry Sheets**, thawed according to package directions



- 6 tablespoons garlic and herb spreadable cheese, softened
- 8 slices prosciutto **or** thinly sliced deli ham
- 30 medium asparagus spears, trimmed

DIRECTIONS

Step 1. Heat the oven to 400°F. Unfold the pastry sheets on a lightly floured surface. Spread 3 tablespoons cheese on each pastry sheet. Top each with 4 slices prosciutto. Cut each into 15 strips crosswise, making 30 in all.

Step 2. Tightly wrap 1 pastry strip around each asparagus spear, prosciutto-side in. Place the pastries seam-side down onto 2 baking sheets.

Step 3. Bake for 15 minutes or until the pastries are golden brown.

Red, White & Blueberry Crème Fraiche Puffs

Prep Time: 20 minutes | **Bake Time**: 20 minutes
Makes: 6 pieces

INGREDIENTS

- 1 package (10 ounces) *Pepperidge Farm* **Puff Pastry Shells**



- 1 cup heavy cream
- 1/3 cup confectioners' sugar
- 1/4 cup crème fraiche **or** sour cream
- 1 1/2 cups assorted berries (raspberries, sliced strawberries, blueberries)

DIRECTIONS

Step 1. Prepare the pastry shells according to the package directions.

Step 2. Beat the cream and confectioners' sugar in a large bowl with an electric mixer on high speed until stiff peaks form. Fold in the crème fraiche.

Step 3. Spoon 2 tablespoons whipped cream mixture into each pastry shell. Top each with 1 tablespoon berries. Repeat the layers. Top each with 1 tablespoon whipped cream mixture and berries. Sprinkle with additional confectioners' sugar, if desired.



1, 2, 3, Puff!
Recipe Contest Winner

Robin Vaughn of Fort Bragg, NC won the **"1, 2, 3, Puff!" Recipe Contest**. Her **"Stuffed Crust Sopressata Pizza with Lemony Arugula Salad"** earned her a trip for two to New York City including a pastry class, bakery tour and more! Get her winning recipe on **BHG.com** and **puffpastry.com**.

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For additional recipes and videos, go to **puffpastry.com**.


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Milk the Moment.
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desk jobs

Three home offices with smart storage and full-time good looks prove it: You can work a work spot into just about any room.

by **AMY PANOS** photos **ADAM ALBRIGHT** produced by **JOHN LOECKE**



CORNER OFFICE
Make the most of a bedroom corner with a desk that has angled sides to hug the walls. Cheery floral wallpaper makes for a pretty view, even without a window.

FLOOR SHOW
A floor lamp gives good overall lighting without eating up desktop space. (Just make sure the on-off switch is conveniently located at the top.) Add another small lamp for task lighting.

BLOT IT OUT
A clear glass blotter not only protects the desktop, it's an easy way to personalize your work space. Slide a favorite piece of paper or fabric underneath and change often.



CREATIVE CAMO
Disguised as a handsome cabinet, this desk blends seamlessly into a living or dining room. The pullout work surface is big enough for a laptop; the doors hide a filing cabinet and drawer.

DOUBLE DUTIES
An armless dining chair has the right height and portability for pulling up to a desk. And a cork lamp base makes a good-looking bulletin board.

BOX LUNCH
Hide office supplies in a bento box (a Japanese lunch box, available at import stores). Lid on, it's a sleek tabletop accessory. Off, it's a little treasure of organization, with divided compartments for paper clips, sticky notes, et al.



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A SHADE BETTER

A $10 cord kit turns a lampshade into a high-impact pendant. Any drum or cylinder-shape shade that has an uno fitter (a metal circle that fits over the socket) will work. Look for cord kits at lighting stores or import boutiques, with the paper lanterns.

STORE MORE

If you like the look of a modern desk but need more spots to stash stuff, try these easy add-ons. Pop stackable drawers on top of the desk and tuck a shelf unit under it. Stockholm paper drawer, $25, containerstore.com

IN THE BAG

A boxy file cabinet isn't the only option for keeping papers in order. Instead, try flat-bottom canvas tote bags. They're sized right for a file folder and have sturdy handles that let you take a whole project with you.

Put these smart and stylish office picks to work at your house.

COTTAGE



Painted cottage corner desk, $350; **llbean.com** Solvar chair, $50; **ikea.com** Cristalle clear glass desk blotter (shown with paper under it), $45; **organize.com** Cricket accent lamp, $108; **bn.com**

CLASSIC



Verona cabinet desk, $250; **worldmarket.com** Cork table lamp, $165; **shadesoflight .com** Lacquer plastic bento box set, $25; **pearlriver.com** Upholstered side chair, $359 suggested retail price; **bhgfurniture.com** for stores

MODERN



Go-cart desk, $150; **cb2.com** Lerberg shelf unit, $15; **ikea.com** Felix side chair, $90; **crateandbarrel .com** Liberty of London lampshade, $18; **target.com** Small open-top boat and tote bag, $24 with monogram; **llbean.com**

For buying information see page 237.


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no place like home

AN EMPTY-NESTER COUPLE FINDS JUST THE RIGHT SETTING FOR THEIR NEW LIFE: AN OLD FARMHOUSE THAT DRAWS THEIR KIDS BACK.

by JODY GARLOCK
photos JOHN BESSLER
produced by KARIN LIDBECK-BRENT



Maria and Glenn Taylor's patio, where oldest daughter Chloe tosses a salad, is a warm-weather hub. Prosecco, an Italian sparking wine, *opposite,* is a family tradition. Maria serves it in her antique glasses. "They make things seem more special," she says.

Summer is high season for family in Maria and Glenn Taylor's Connecticut farmhouse. Starting Memorial Day weekend, the couple's four kids, ages 20 to 33, come home for dinners on the patio behind the barn and jam sessions on the lawn. They always find cheese and olives on the table and colorful antique glasses in the freezer, waiting for cold drinks. "If they break, they break," Maria says of the casual use of her glassware collection.

In the Taylor household, life is lived informally. After the couple remodeled the 1900 house they had eyed for years, Maria, a real estate agent, made a promise: "We're only going to bring in things we love, and nothing extra." She used the fresh start to mix modern pieces with the couple's favorite antiques. "I wanted to do something I had never tried before."

For Maria, the best thing isn't the house itself but how the kids, who live in different cities, meet up there on weekends or their vacations. Everyone pitches in where needed. In the kitchen, there are cooking sprees using whatever is in season from a nearby farm stand. "There's a lot of chatting and lots of noise," Maria says. After dinner, the musical family gathers outside to listen to Luke, the youngest, on his guitar. "It feels fantastic that our children want to—and do—come home often," Maria says. "This house is about relaxing and reconnecting."





Remodeling the house, *above,* was a family affair. Glenn's then-85-year-old father was the contractor and did much of the work himself. The Taylor kids and their friends gather in an informal outdoor seating area, *right*.



Modern touches enliven the traditional home. "They're fun and unexpected," Maria says.



"Nothing is so important in this house that it can't be touched," Maria says. In the living room, a mirrored coffee table gives the family a place to play board games or just put up their feet. "This isn't a television kind of house," Maria says. Slipcovers are washable, to fit her keep-it-clean lifestyle. A formal side table is also a space-saving desk for recharging laptops.







Comfort and livability are key to Maria. "Everything flows, but nothing is matchy or overdone," she says. "This house is peaceful."



1. Twin beds expand the sleeping options in a guest bedroom. Here, as throughout the house, walls are neutral. "I like clean backdrops so I can add color with accessories," Maria says. "Little pops of color keep things from being boring."
2. With mismatched furniture and undressed windows, the dining room is casual and simple. "I'm happy that I've learned to live uncomplicated and uncluttered," Maria says.
3. Soft colors and a pretty mix of fabrics detail the guest bedroom the Taylors call the "Nantucket Room."
4. The breakfast room, with its comfy sofa and big windows framing a view of fields, is a favorite spot for lounging. "When the kids start arriving, Glenn and I drop what we're doing and meet here," says Maria, pictured with daughter Skye.

For buying information see page 237.

4





Bucking the trend toward open spaces, the couple kept the kitchen contained. Open shelving keeps everyday dishes in easy reach. Glenn's father hand-rubbed the shelves and salvaged wainscoting from the basement to give the remodeled room vintage character.



"I like that the kitchen is its own separate room where I can just click everything off and enjoy cooking," Maria says.


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Jim Fiscus *for* ESPN The Magazine



age-defying beauty

Colorful collectibles and classic styling give this new kitchen vintage comfort.

COLOR COMBO Drawn from antique pieces, milky green makes a fresh accent for white cabinets. Beaded-board paneling repeats on cabinet doors, inside glass-front cabinets, and on the island.

by **KIT SELZER** photos **HELEN NORMAN** produced by **EILEEN A. DEYMIER**


© 2010 Kraft Foods.
The fudge cookie with the soul of an Oreo.
New!
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COLLECTED THOUGHT
Nurtured by her estate-sales business, Stephanie Rigaux's love of antiques influenced her kitchen design. Open shelves and glass-front cabinets put her jadeite collection on display, and her antique malt mixer holds a full-time place on the counter.

One small appliance—a working malt mixer from a 1930s soda fountain—plays a big role in Stephanie Rigaux's kitchen. Its soft green finish inspired the paint color used on the island and walls, and its height determined the position of the wall cabinets. And because it's used regularly, the multiple-spindle unit required a prominent counter spot. "It became the guiding light," says Stephanie, who, with her husband, Dan, remodeled their 1960s Colonial in a Washington, D.C., suburb to better meet the needs of their family.

Need No. 1: More room. "We have four kids, and we really needed space," Stephanie says, so she designed a 22×15-foot addition that filled in the open area between the former kitchen and the existing family room. Now, when it's time to eat or do homework, the kids park themselves at an island with a raised bar. Every inch is put to use with cabinets that stretch along one wall.

Stephanie's talent for incorporating the old with the new extends beyond her kitchen accents. When she couldn't find the ideal place for the double oven, she allocated space for it and baking supplies in the former kitchen area, which now provides extra storage.

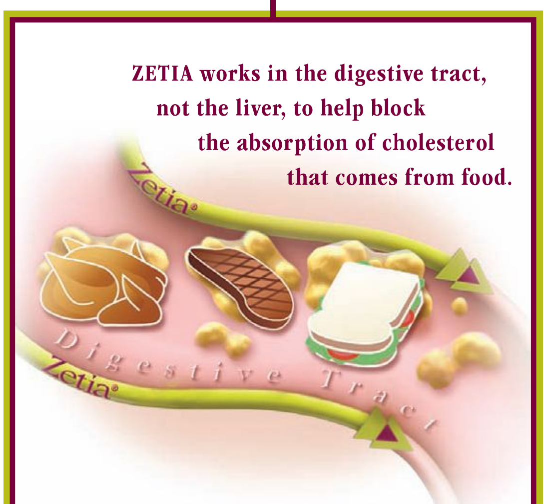
ZETIA Helps Fight Cholesterol Differently.

ZETIA helps lower cholesterol differently. Statins, the most common cholesterol-lowering medicines, are a good option. They work mainly with the liver. ZETIA works in the digestive tract, as do some other cholesterol-lowering medicines.

But ZETIA is unique in the way it helps block the absorption of cholesterol that comes from food.

Unlike some statins, ZETIA has not been shown to prevent heart disease or heart attacks.

A healthy diet and exercise are important, but sometimes they're not enough to get your cholesterol where it needs to be. ZETIA can complement your efforts. When added to a healthy diet, ZETIA can lower bad cholesterol (LDL) by an average of 18%. Individual results may vary.



Important Risk Information About ZETIA: ZETIA is a prescription medicine and should not be taken by people who are allergic to any of its ingredients. If you have ever had liver problems, are nursing or pregnant or may become pregnant, a doctor will decide if ZETIA alone is right for you.

Unexplained muscle pain or weakness could be a sign of a rare but serious side effect and should be reported to your doctor right away. In clinical studies, patients reported few side effects while taking ZETIA. These included diarrhea, joint pains, and tiredness.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the more detailed information about ZETIA on the adjacent page. For more information, call **1-800-98-ZETIA** or visit **zetia.com**.

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Read this information carefully before you start taking ZETIA and each time you get more ZETIA. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about ZETIA, ask your doctor. Only your doctor can determine if ZETIA is right for you.

WHAT IS *ZETIA*?

ZETIA is a medicine used to lower levels of total cholesterol and LDL (bad) cholesterol in the blood. ZETIA is for patients who cannot control their cholesterol levels by diet and exercise alone. It can be used by itself or with other medicines to treat high cholesterol. You should stay on a cholesterol-lowering diet while taking this medicine.

ZETIA works to reduce the amount of cholesterol your body absorbs. ZETIA does not help you lose weight. ZETIA has not been shown to prevent heart disease or heart attacks.

For more information about cholesterol, see the "What should I know about high cholesterol?" section that follows.

WHO SHOULD NOT TAKE *ZETIA*?

- Do not take ZETIA if you are allergic to ezetimibe, the active ingredient in ZETIA, or to the inactive ingredients. For a list of inactive ingredients, see the "Inactive ingredients" section that follows.
- If you have active liver disease, do not take ZETIA while taking cholesterol-lowering medicines called statins.
- If you are pregnant or breast-feeding, do not take ZETIA while taking a statin.
- If you are a woman of childbearing age, you should use an effective method of birth control to prevent pregnancy while using ZETIA added to statin therapy.

ZETIA has not been studied in children under age 10.

WHAT SHOULD I TELL MY DOCTOR BEFORE AND WHILE TAKING *ZETIA*?

Tell your doctor about any prescription and non-prescription medicines you are taking or plan to take, including natural or herbal remedies.

Tell your doctor about all your medical conditions including allergies.

Tell your doctor if you:

- ever had liver problems. ZETIA may not be right for you.
- are pregnant or plan to become pregnant. Your doctor will discuss with you whether ZETIA is right for you.
- are breast-feeding. We do not know if ZETIA can pass to your baby through your milk. Your doctor will discuss with you whether ZETIA is right for you.
- experience unexplained muscle pain, tenderness, or weakness.

HOW SHOULD I TAKE *ZETIA*?

- Take ZETIA once a day, with or without food. It may be easier to remember to take your dose if you do it at the same time every day, such as with breakfast, dinner, or at bedtime. If you also take another medicine to reduce your cholesterol, ask your doctor if you can take them at the same time.
- If you forget to take ZETIA, take it as soon as you remember. However, do not take more than one dose of ZETIA a day.
- Continue to follow a cholesterol-lowering diet while taking ZETIA. Ask your doctor if you need diet information.
- Keep taking ZETIA unless your doctor tells you to stop. It is important that you keep taking ZETIA even if you do not feel sick.

See your doctor regularly to check your cholesterol level and to check for side effects. Your doctor may do blood tests to check your liver before you start taking ZETIA with a statin and during treatment.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF *ZETIA*?

In clinical studies patients reported few side effects while taking ZETIA. These included diarrhea, joint pains, and feeling tired.

Patients have experienced severe muscle problems while taking ZETIA, usually when ZETIA was added to a statin drug. If you experience unexplained muscle pain, tenderness, or weakness while taking ZETIA, contact your doctor immediately. You need to do this promptly, because on rare occasions, these muscle problems can be serious, with muscle breakdown resulting in kidney damage.

Additionally, the following side effects have been reported in general use: allergic reactions (which may require treatment right away) including swelling of the face, lips, tongue, and/or throat that may cause difficulty in breathing or swallowing, rash, and hives; raised red rash, sometimes with target-shaped lesions; joint pain; muscle aches; alterations in some laboratory blood tests; liver problems; stomach pain; inflammation of the pancreas; nausea; dizziness; tingling sensation; depression; headache; gallstones; inflammation of the gallbladder.

Tell your doctor if you are having these or any other medical problems while on ZETIA. For a complete list of side effects, ask your doctor or pharmacist.

WHAT SHOULD I KNOW ABOUT HIGH CHOLESTEROL?

Cholesterol is a type of fat found in your blood. Your total cholesterol is made up of LDL and HDL cholesterol.

LDL cholesterol is called "bad" cholesterol because it can build up in the wall of your arteries and form plaque. Over time, plaque build-up can cause a narrowing of the arteries. This narrowing can slow or block blood flow to your heart, brain, and other organs. High LDL cholesterol is a major cause of heart disease and one of the causes for stroke.

HDL cholesterol is called "good" cholesterol because it keeps the bad cholesterol from building up in the arteries.

Triglycerides also are fats found in your blood.

GENERAL INFORMATION ABOUT *ZETIA*

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use ZETIA for a condition for which it was not prescribed. Do not give ZETIA to other people, even if they have the same condition you have. It may harm them.

This summarizes the most important information about ZETIA. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about ZETIA that is written for health professionals.

Inactive ingredients:
Croscarmellose sodium, lactose monohydrate, magnesium stearate, microcrystalline cellulose, povidone, and sodium lauryl sulfate.

Issued July 2009
REV 21

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SMALL BUSINESS Stephanie carved out a spot for a small work center, *above*, without interrupting the kitchen's design. Cookbooks and baskets of household paperwork are stored on upper shelves, and a stool slides under the counter.

BAKING SHIFT The former kitchen, which ended at the doorway next to the double oven, *right,* now serves as an extension of the new space. It's equipped with a baking spot and pantry storage for dry goods.

For buying information see page 237.



happy campers

Even in their tight-fit bungalow, this family has plenty of room to roam, rejuvenate, and imagine.

by JODY GARLOCK photos GREG SCHEIDEMANN
produced by ALECIA STEVENS

QUIET TIME Gabriel Bangoura's special getaway is a tepee in his parents' bedroom. "We just wanted to give him a little more space of his own," says mom Kendra Lewis. "He calls it his meditation area."





It would be easy for Kendra Lewis to rattle off reasons she can't do this or doesn't have room for that in her 1,600-square-foot Minneapolis bungalow. But excuses aren't her thing. She loves the challenge: how to make cramped rooms feel right for her 6-foot-4 husband, Alfred, and 5-year-old son, Gabriel? "Living in a small home really fosters my creativity," Kendra says. "I'm always looking for ways to rearrange and find more space."

That explains why the enclosed porch is now a playroom and three chairs, not four, are pulled up to the dining table. "It gives us a little more room to move," says Kendra, who designs children's clothing and accessories. "Every inch counts." Small-scale furniture is another of her tricks. While the pieces don't crowd rooms, they're still generous enough for Alfred to stretch out.

Learning to purge has helped the couple avoid clutter—and enjoy their home more. "It keeps our lives simple and easy," Kendra says. When spring rolls around, she lightens the mood by simply changing pillows, a table runner, or a piece of pottery.

FAMILY TIES A Japanese dining table doubles as a coffee table and Gabriel's snacking spot. Kendra Lewis moves the rattan floor cushion—one of three—around the house to wherever the family needs more seating. She and her husband, Alfred Bangoura, love all things vintage, including their restored 1966 Volvo.



CHILD'S PLAY
Formerly the couple's sitting room, the sunny enclosed porch is now Gabriel's domain. "We try to keep his areas clearly defined so toys aren't flowing everywhere," Kendra says. "He knows this is his space." The kid-height cabinets are stylish enough to be used in other rooms down the road.

DOUBLED UP
The dining table gets a workout for games and art projects, as well as weekday dinners and Sunday morning waffles.

She also rotates art, including the watercolors Gabriel paints on his easel in the playroom. His paintings get prime billing in his bedroom. "A child's space should reflect the child."

For now, the entire home reflects a lot of child. "Gabriel has influenced our home in every way," Kendra says. As Gabriel grows, she knows her home is in for more changes. "It's like a challenge that can be solved in a variety of ways," she says. "There's no one permanent solution. Our home changes as our lifestyle evolves."





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Libman® Wonder Mop.™
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888-818-3380 ©2010 The Libman Company



"Summers are short-lived in Minnesota, so we use our backyard as much as we can May to October. The patio is our pride and joy."





natural attraction

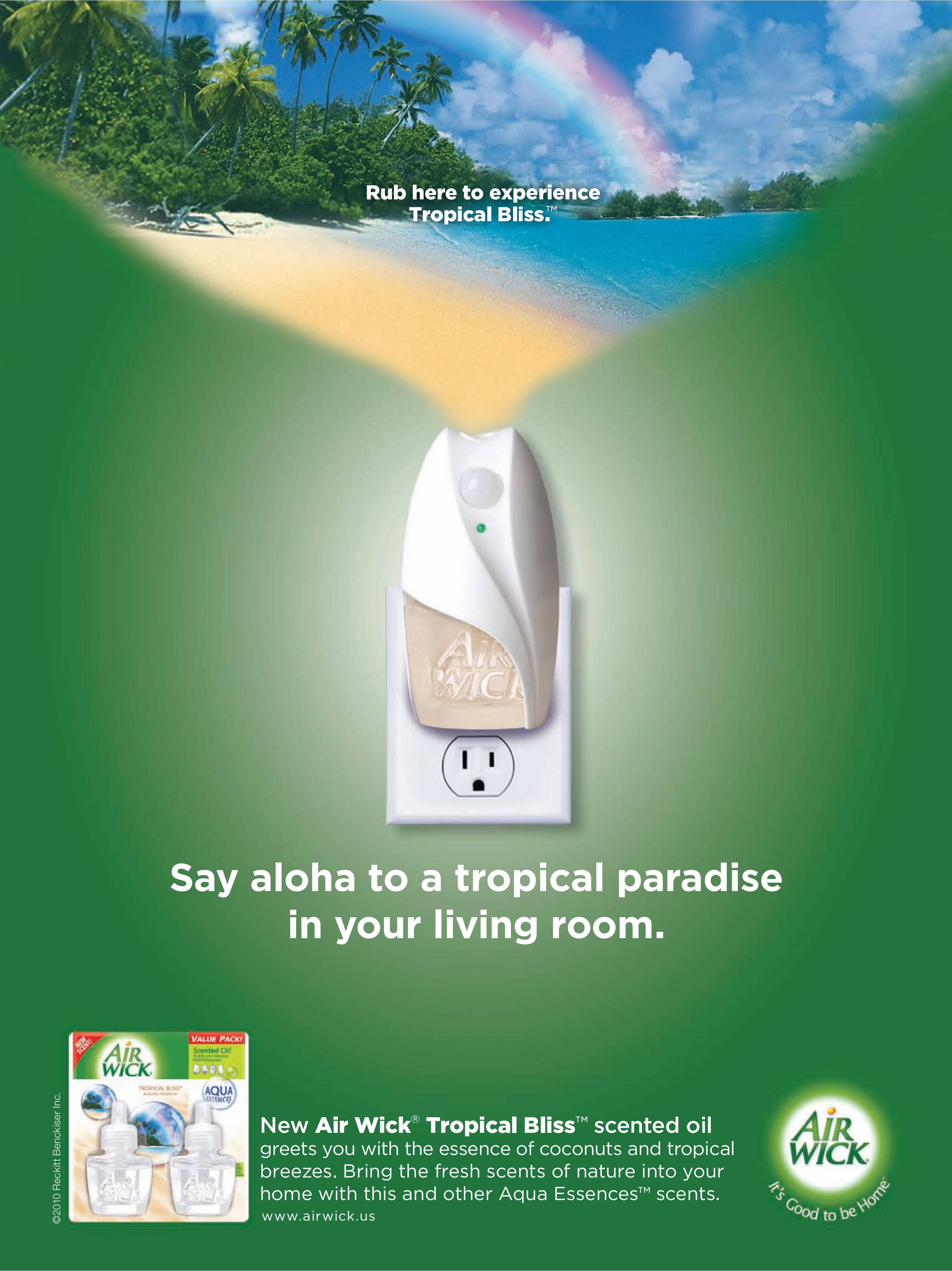
Kendra and Alfred, avid DIYers, made the most of their outdoor space.

1. The bluestone patio is Kendra's satellite summer office and Gabriel's garden. He grows peppers and tomatoes in containers. "Last year, he took veggies to school for show-and-tell," Kendra says.

2. A low-maintenance stone and gravel border doubles as a rocky sandbox.

3. "We wanted our house to reflect the colors of nature," Kendra says. Ocher trim accents the wheat-color stucco. The orange door sets it all off.

For buying information see page 237.


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Every child shines at something. And now SunnyD® is teaming up with Martina McBride — superstar and mom — to celebrate your kid's bright spirit.
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IN ANY MOMENT

PLANT ME A SMILE



A rainy spring day doesn't have to spoil your family's fun. Let SunnyD help you add a little sunshine to indoor playtime with a SunnyD-inspired garden. Holly and Marni make this family project even more festive by starting with SunnyD bottles—so go ahead, open a bottle of sunshine!

Both kids and adults will have a great time exercising their creativity while learning how plants grow. Serving SunnyD will help fuel their imaginations, and the empty bottles make perfect planters for herbs and flowers. A springtime favorite is paperwhites, a fragrant flower that blooms in about three weeks. Everyone will be smiling as this bright idea blossoms into a shining family moment.



IT MOMS™
Holly Resnick &
Marni Renison

If you watch the nationally syndicated show *"Better,"* you'll recognize Holly Resnick (left) and Marni Renison (right) as two of our favorite "It Moms.™" These smart, fun-loving moms know that every child shines at something and love to bring out the best in kids of all ages.

CREATE YOUR OWN INDOOR GARDEN.



MAKE THE PLANTER.

Rinse empty 64 oz. SunnyD bottles—caps too—and let dry. Set the caps aside for later. Have an adult (only!) cut a slit in the bottles with a utility knife as shown, then use scissors to cut off the upper half and add small drainage holes to the bottom.



PLANT THE SEEDS.

For seeds, fill the bottom half of the bottle about 3/4 full with soil. For paperwhite bulbs, fill the bottom about 3/4 full with pebbles and water. Plant seeds or bulbs, then water according to the instructions included on the seed or bulb packet.



CREATE AN IDEAL ENVIRONMENT.

Secure the top half of the bottle to the bottom half with duct tape to create an ideal growing environment. Add sunlight and watch it grow! Remove top half of bottle with the first signs of sprouting.



GET INSPIRED—THERE'S MORE ONLINE!

For step-by-step instructions, more shining family moment ideas and videos, a **SunnyD coupon**, and details about the **"TIME TO SHINE" CONTEST**, visit **SunnyDMoments.com**.

*An 8oz. serving of SunnyD contains 100% DV Vitamin C.


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Did they ace a tough subject? Get up on stage? Do something sweet? Describe their shining moment in a few sentences– 100 words or less. We'll choose one winning story each month until the grand-prize judging in July 2010. The monthly winner will receive $1,000 for lessons or tutoring, to help your child shine even more.
GO TO SUNNYD.COM
RULES: Online essay contest for legal residents of 50 states & DC, age 18+. Starts 1/4/10, ends 7/4/10. No purchase req'd in IA, MD, ND and VT. Monthly Prizes (6) (AVR: $1,000): Budget use subject to Sponsor approval. Entry deadlines vary. Grand Prize (ARV: $17,500): Selected from Monthly Prize winners. Includes $10,000 + VIP Trip which includes winner & 3 guests. See complete terms at www.sunnyd.com. Void where prohibited. Sponsor: Sunny Delight Beverages Co., 4747 Lake Forest Dr., Cincinnati, OH 45242.

2nd Annual *Better Homes and Gardens*®

best new product awards

This year's most convenient, innovative, and appealing consumer products—according to you!



BEST IN SHOW

Olay Professional Pro-X Intensive Wrinkle Protocol

You Said:

"Helps aging skin look younger."

"I like that it is as effective as prescription brands."

"It does what it promises to do."

We like: The Age Repair Lotion has an SPF of 30.



HOUSEHOLD CARE

Cascade Complete All-in-1 ActionPacs

You said:

"Haven't seen a spot on glasses or silverware since we started using this product."

"All you need in one little packet. No need to prewash."

"Gets very dirty, greasy dishes clean, even in my old dishwasher."

We like: ShineShield formula helps protect glasses from etching.



Consumer quotes are verbatim reponses given in the U.S. Shopper Survey, conducted October 12–December 8, 2009.

Every year, tens of thousands of new products hit the shelves of grocery stores and other retailers. For the second year in a row, *Better Homes and Gardens* teamed with independent market research firm BrandSpark International to help you narrow the field down to the best.

More than 50,000 American consumers rated 135 products in the in-depth study, which also revealed valuable insights into shopping habits and preferences. To win, products had to score on appeal and intent to buy again. Your favorite: Olay Professional Pro-X Intensive Wrinkle Protocol, which for about $70 delivers an age-repair lotion, wrinkle-smoothing cream, and eye-restoration complex in one package. The other top winners were Cascade Complete All-in-1 ActionPacs (about $5) and Yoplait Smoothie (about $3 per frozen pack). See *page 209* for a list of all 42 winners.

This year's comprehensive survey clearly shows that you're spending more time and money at the grocery store in ➤

PHOTO: (CASCADE ACTION-PACS) KATHRYN GAMBLE

order to cook at home more often. Almost 70 percent of those surveyed say they like trying new products, and 66 percent "enjoy cooking for myself and family."

When you're wheeling the cart down the aisles, you have in-store brands on your mind: 66 percent of consumers believe that private-label brands offer great value for the money, and 56 percent of you have purchased more in-store brands in the past 12 months.

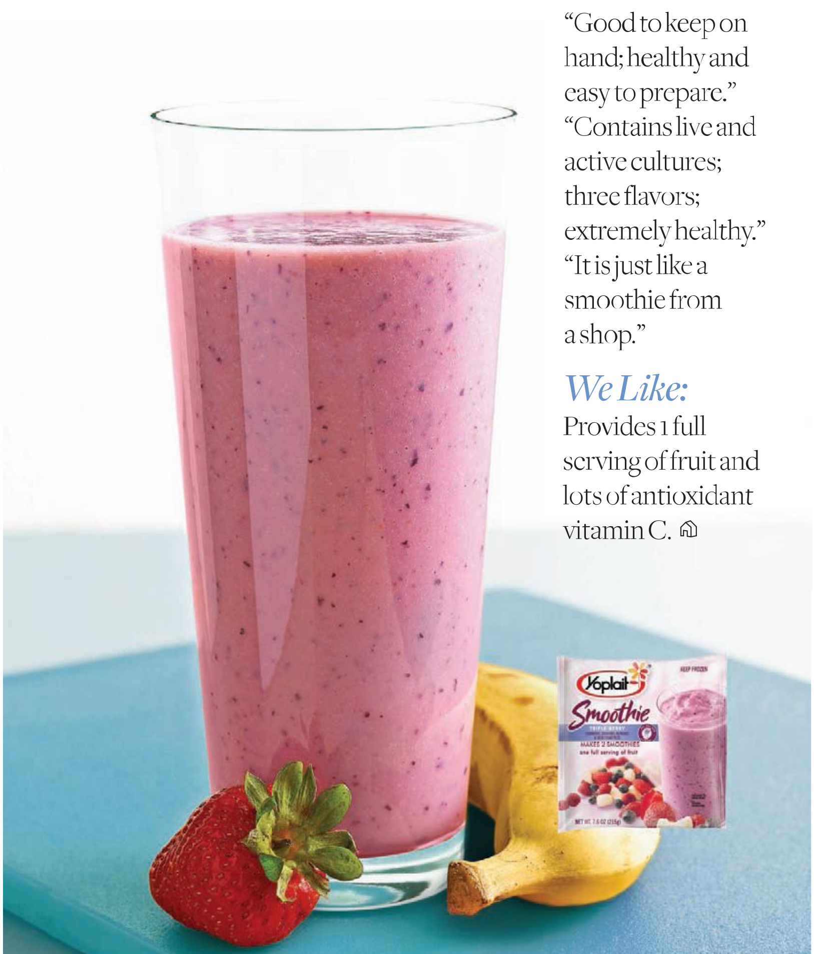
Shoppers also actively seek foods and beverages that offer health benefits. An amazing 79 percent of Americans agree with the statement, "There is a lot I can do with food and nutrition to prevent illness."

Many of you take claims about products being environmentally friendly or organic with a grain of salt. One out of two consumers say it's important that products they buy are made from all-natural ingredients, but 39 percent of nonorganic shoppers say they're skeptical of products labeled organic and what the term actually guarantees. Three out of four shoppers say companies still have a long way to go to reduce product packaging.

TO SEE voter comments on all 2010 Best New Product Award winners, go to *BHG.com/bestproducts*

FOOD & BEVERAGE

Yoplait Smoothie



You Said:

"Good to keep on hand; healthy and easy to prepare." "Contains live and active cultures; three flavors; extremely healthy." "It is just like a smoothie from a shop."

We Like:

Provides 1 full serving of fruit and lots of antioxidant vitamin C.



Chocolate & Caramel. Enough said.

The delicious taste of creamy milk chocolate and luscious, smooth caramel speaks for itself.

Delightfully Delicious
One-of-a-Kind Kisses™



time to give

WEDDINGS, GRADUATIONS, MOTHER'S DAY, FATHER'S DAY...FINDING THE RIGHT GIFT FOR THE VERY IMPORTANT PEOPLE IN YOUR LIFE FEELS GREAT. THIS YEAR, CHECK OFF GIFT-HUNTING—WE'VE DONE IT FOR YOU.



It's the handyman that fits in your pocket. **CRUCIAL MULTI-TOOL** in green (includes wire cutters, pliers, screwdriver, pocketknife), $59; gerbergear.com

The one-cup French press/coffee mug combo is perfect for anyone who considers a morning cup of java essential. **BLUE CAFE-STYLE FRENCH PRESS FOR ONE**, $29; centralchef.com

BY JOANNA LINBERG; PHOTOS: MARTY BALDWIN; MARKET EDITORS: JENNIFER CONDON, SUZANNE KANTRA, DEBRA PRINZING; STYLING: JENSIE MIKSICH

gifts for moms

1



2



3



4



WHAT DO MOMS REALLY WANT? EVERYDAY ITEMS WITH A TOUCH OF LUXURY. AND A GORGEOUS VASE FULL OF FLOWERS IS *ALWAYS* WELCOME.

5



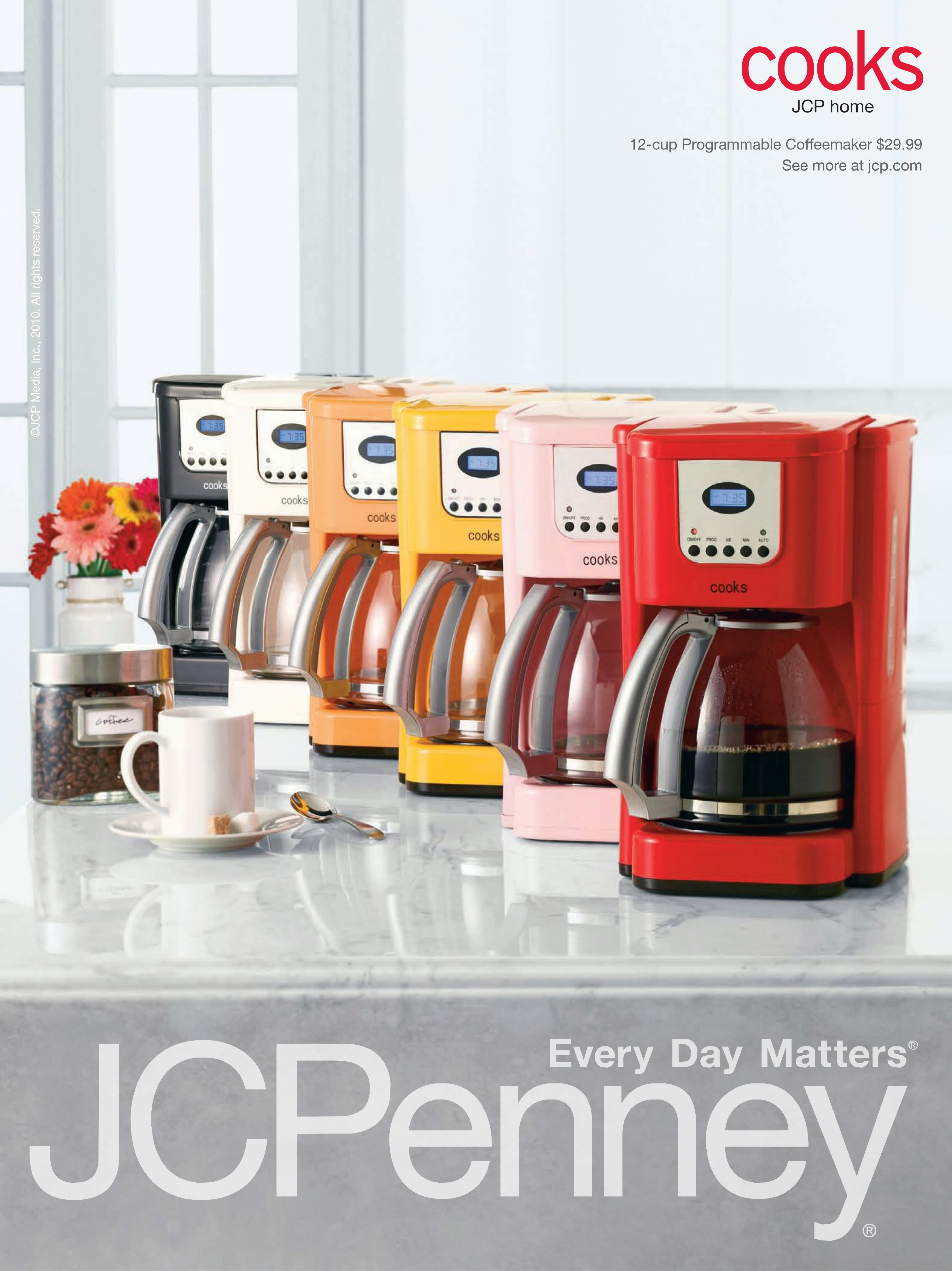
1. VERDE HAND AND BODY LOTION (8.5 fl. oz.), $22; mcevoyranch.com.

2. MARSH GRASS TRAY (18″ diameter), $34; cspost.com. This sturdy tray can hold objects on a coffee table or serve drinks at your next BBQ.

3. CREATE BY JASON WU, $179; ge.com/digitalcameras. This camera has more than just good looks (although it has plenty of those, too). Inside, 4 GB of built-in memory, 12 megapixels, and 3× optical zoom give it chops. Comes with leather case.

4. VERA PILLBOX AND TAPE MEASURE, $20 each; store.metmuseum.org

5. *BETTER HOMES AND GARDENS* EDITOR'S CHOICE BOUQUET presented by FTD, starting at $60; ftd.com/bhgpromo. Here's a bonus moms everywhere will appreciate: Proceeds help support a $10,000 donation from *Better Homes and Gardens* and FTD to the CARE organization's work in Haiti.

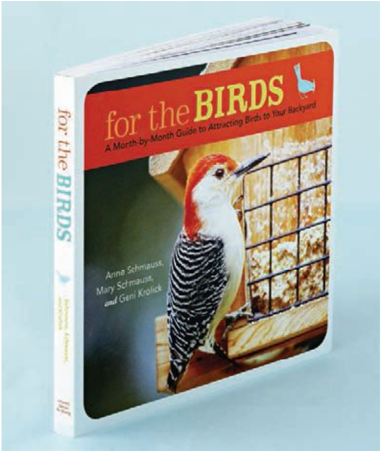

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JCP home
12-cup Programmable Coffeemaker $29.99
See more at jcp.com
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gifts for moms

6



7



6. ZIP EYEGLASS CASE in Bali Blue, $20; verabradley.com. **NEW MEXICO READERS**, $30; ajmorganeyewear.com.
7. FOR THE BIRDS book, $20; shopterrain.com. Lure winged creatures to your yard with these easy projects and tips.
8. PERSONALIZED BOOKPLATES, $40 for 25; felixdoolittle.com
9. GRO-PAK REUSABLE INSULATED BAG, $20; surlatable.com. Perfect for the farmer's market, this insulated tote is roomy enough for all your perishables.

8



9



10



10. DELICATE SILVER CHAIN (18″), $29, **"MOM" RELATIONSHIP CHARM**, $39, **BIRTHSTONE BRIOLETTES**, $19 each, stelladot.com. Create a custom charm necklace with stamped silver charms and birthstone drops.

gifts for brides

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3



4



5



1. "FLING" PERSONALIZED RUBBER ADDRESS STAMP, $18; thepaperwink.com. Lets all outgoing mail proclaim her new status as part of a happy couple.

2. LADYBUG, RAIN, AND CHECK TEA TOWELS, $22 each; linea-carta.com. Made from 100 percent sustainable natural linen.

3. CROCK-POT DESIGNER SERIES SLOW COOKER, $60; Walmart. Slow-cooking just got a sleek makeover—go ahead, leave it on the countertop. Shown: 6-quart dishwasher-safe stoneware pot in "squond" shape with by-the-minute timer to measure cook time.

4. PERSONALIZED PLAYING CARDS, $55; dabneyleeathome.com.

5. DECOR BON BON PINK ROUND CAKE STAND, $65; rosannainc.com. The serve-anything kitchen must-have (10½" diameter, 8½" high).

THERE'S NO SHAME IN SHOPPING FROM A COUPLE'S REGISTRY. BUT FOR A CHANGE, ANYTHING MONOGRAMMED IS A NEWLYWED FAVORITE.


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Fresh Step
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Cats everywhere are having a hard time smelling their litter boxes.
freshstep.com

gifts for dads

1



2



1. KABOB KITS, $4.50 each; urbanaccents.com. Each kit includes enough spices and skewers for eight kabobs.
2. MINI SPORTS BINOCULARS, $45; daytripsociety.com. Magnifies up to 21x and comes with hard case.



3

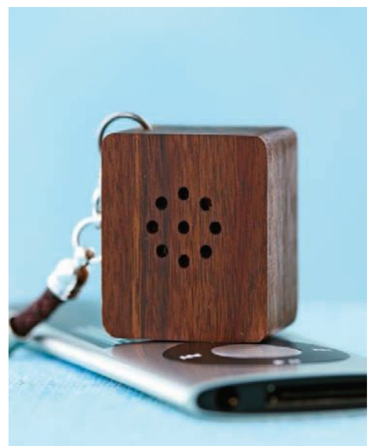
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3. FOLDING PORTABLE NOTEBOOK BBQ GRILL, \$39; grillshowroom.com. Dad can fire up the grill almost anywhere with this portable version that folds to just 1″ with carrying case (12″×17½″×14″ when set up).

4. SELETTI BADMINTON SET, \$59; conranusa.com. Includes four rackets, two birdies, and a net.

5. COIN STORAGE, \$32; mollaspace.com.

6. I.DEAR SPEAKER, \$36; momastore.org. At about 1″ all around, this tiny MP3 speaker is super-portable.


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CLINICALLY PROVEN
ACTIVE INGREDIENT
With Crest Pro-Health Sensitive Shield, you get more of the protection you need for a healthy mouth.
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gifts for grads



THINK SMALL AND USEFUL FOR GRADS. DORM ROOMS ARE TINY—ONLY THE ESSENTIALS GET TAKEN ALONG.

1. LIME GREEN BALL DIFFUSER BOTTLE (4″), $5, **RATTAN REEDS** (10″, pack of 10), $2, **SCENTED REED DIFFUSER OILS** (4 oz., choose from 54 scents), $9; thediffusery.com. A sweet-smelling and customizable substitute for dorm-room-banned candles.

2. COLCASAC LAPTOP CASE in Garden Pop, $33; colcasac.com.

3. COMPANY COTTON BATH TOWEL, $17 each with monogramming, thecompanystore.com. Freshmen share classes, rooms, and meals—draw the line at their bath towels with a monogrammed set.

4. PROJECT NERD POWER POCKET PROTECTOR SET, $38; thepetitepress.com. Jot down notes, numbers, or Twitter handles and store them in this ultra-stylish vinyl pocket protector. Comes with 50 personalized letterpress index cards and pen.

For buying information see page 237.



quick-clean routine

Rethink daylong cleaning efforts and try these smart, efficient strategies. In just minutes each day, your home can look almost spotless—and you'll appreciate the sense of order you've created.

by SARAH EGGE

Even if you scour at top speed, cleaning your house from kitchen to master bath takes hours—even days. There's an easier way, says Donna Smallin, organizing expert and author of such books as *The One-Minute Cleaner*. "I used to do everything all at once, and it took an entire Saturday," she says. "But by having the right cleaning tools handy and doing certain things on a regular basis, now I'm able to maintain my house much better."

Smallin finds the best approach for her own Detroit-area home is to tackle one chore a day. "One day, I dust in every room and clean all glass surfaces," she says. "The next day, I vacuum all of the carpets and rugs. The day after vacuuming, I mop all the floors that need mopping using a lightweight steam cleaner or all-in-one floor cleaner—no bucket required, so it's quick and easy. The key is to do these chores on a regular weekly rotation schedule, and that way, nothing is left undone for more than a week." Smallin designates one day for doing odds and ends such as cleaning toilets, removing cobwebs, dusting fan blades, or wiping scuff marks and fingerprints from doors, walls, and moldings.

With this routine in place, Smallin says, all it takes to spiff up your rooms is a few minutes every day. Here are her three guiding principles and the cleaning strategies she finds have the biggest impact:

1. DO IT NOW, SAVE TIME LATER

A few daily tasks keep yucky messes and tiring chores from stacking up as the week goes on.

■ **Take off your shoes** when you come in, and have mats both inside and outside your doorways. This practice can help reduce

PHOTO: JAMES BAIGRIE/ PHOTODISC/ GETTY IMAGES

ADVAIR DISKUS® 100/50
(fluticasone propionate 100 mcg and salmeterol 50 mcg inhalation powder)

Did you know asthma has two main causes?

Airway constriction and inflammation.

ADVAIR treats both of them.

Which helps prevent symptoms from occurring in the first place.

Important Safety Information About ADVAIR DISKUS

- Prescription ADVAIR won't replace fast-acting inhalers for sudden symptoms and should not be taken more than twice a day. ADVAIR is for people who still have symptoms on another asthma controller, or who need two controllers. ADVAIR contains salmeterol. In patients with asthma, medicines like salmeterol may increase the chance of asthma-related death. So ADVAIR is not for people whose asthma is well controlled on another controller medicine.
- Talk to your doctor about the risks and benefits of treating your asthma with ADVAIR. Do not use ADVAIR with long-acting beta_2-agonists for any reason. If you are taking ADVAIR, see your doctor if your asthma does not improve or gets worse. Thrush in the mouth and throat may occur.
- Tell your doctor if you have a heart condition or high blood pressure. Some people may experience increased blood pressure, heart rate, or changes in heart rhythm. ADVAIR is for patients 4 years and older. For patients 4 to 11 years old, ADVAIR 100/50 is for those who have asthma symptoms while on an inhaled corticosteroid.

Please see accompanying Important Safety Information about ADVAIR DISKUS on next page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.



Get your first full prescription FREE:*
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ADVAIR DISKUS® 100/50, 250/50, 500/50

(fluticasone propionate 100, 250, 500 mcg and salmeterol 50 mcg inhalation powder)

Important Safety Information About ADVAIR DISKUS

This brief summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

What is the most important information I should know about ADVAIR DISKUS?

- **In patients with asthma, long-acting beta$_2$-agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), may increase the chance of death from asthma problems.** In a large asthma study, more patients who used salmeterol died from asthma problems compared with patients who did not use salmeterol. It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, changes your chance of death from asthma problems seen with salmeterol. Talk with your healthcare provider about this risk and the benefits of treating your asthma with ADVAIR DISKUS.
- **ADVAIR DISKUS does not relieve sudden symptoms. Always have a fast-acting inhaler (short-acting beta$_2$-agonist medicine) with you to treat sudden symptoms. If you do not have a fast-acting inhaler, contact your healthcare provider to have one prescribed for you.**
- **Do not stop using ADVAIR DISKUS unless told to do so by your healthcare provider because your symptoms might get worse.**
- **ADVAIR DISKUS should be used only if your healthcare provider decides that another asthma-controller medicine alone does not control your asthma or that you need 2 asthma-controller medicines.**
- **Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS. You may need different treatment.**
- **Get emergency medical care if:**
  - **breathing problems worsen quickly, and**
  - **you use your fast-acting inhaler, but it does not relieve your breathing problems.**

What is ADVAIR DISKUS?

- **ADVAIR DISKUS contains 2 medicines:**
  - **fluticasone propionate (the same medicine found in FLOVENT®),** an inhaled corticosteroid medicine. Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
  - **salmeterol (the same medicine found in SEREVENT®),** a LABA. LABA medicines are used in patients with asthma or chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.

<u>Asthma</u>

ADVAIR DISKUS is used long term, twice a day, to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children ages 4 and older.

<u>Chronic Obstructive Pulmonary Disease (COPD)</u>

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, twice a day, to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD
- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

What should I tell my healthcare provider before using ADVAIR DISKUS?

Tell your healthcare provider about all of your health conditions, including if you:

- **have heart problems**
- **have high blood pressure**
- **have seizures**
- **have thyroid problems**
- **have diabetes**
- **have liver problems**
- **have osteoporosis**
- **have an immune system problem**
- **are pregnant or planning to become pregnant.** It is not known if ADVAIR DISKUS may harm your unborn baby
- **are breastfeeding.** It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby
- **are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products**
- **are exposed to chickenpox or measles**

Tell your healthcare provider about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines Norvir® (ritonavir capsules) Soft Gelatin, Norvir® (ritonavir oral solution), and Kaletra® (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. **Do not use ADVAIR DISKUS more often than prescribed.** ADVAIR DISKUS comes in 3 strengths. Your healthcare provider will prescribe the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation twice a day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- **While you are using ADVAIR DISKUS twice a day, do not use other medicines that contain a LABA for any reason. Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.**
- Do not change or stop any of your medicines used to control or treat your breathing problems. Your healthcare provider will adjust your medicines as needed.
- Make sure you always have a fast-acting inhaler with you. Use your fast-acting inhaler if you have breathing problems between doses of ADVAIR DISKUS.

Call your healthcare provider or get medical care right away if:

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your fast-acting inhaler more often than usual
- your fast-acting inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your fast-acting inhaler for 2 or more days in a row
- you use 1 whole canister of your fast-acting inhaler in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

What are the possible side effects with ADVAIR DISKUS?

- See *"What is the most important information I should know about ADVAIR DISKUS?"*
- Patients with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. **Call your healthcare provider if you notice any of the following symptoms:**
  - increase in mucus (sputum) production
  - change in mucus color
  - increased breathing problems
  - fever
  - increased cough
  - chills
- **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction, including:
  - rash
  - swelling of the face, mouth, and tongue
  - hives
  - breathing problems
- **increased blood pressure**
- **chest pain**
- **a fast and irregular heartbeat**
- **headache**
- **tremor**
- **nervousness**
- **weakened immune system and a higher chance of infections**
- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR DISKUS.
- **slowed growth in children.** A child's growth should be checked often.

Other common side effects include:

- hoarseness and voice changes
- throat irritation
- thrush in the mouth and throat
- respiratory tract infections

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at www.advair.com.

ADVAIR DISKUS, DISKUS, FLOVENT, and SEREVENT are registered trademarks of GlaxoSmithKline. Norvir and Kaletra are registered trademarks of Abbott Laboratories.

GlaxoSmithKline
Research Triangle Park, NC 27709
ADD:6PI April 2009

AD5249R0 February 2010

the amount of time you spend vacuuming each week. Keep a small rag by the door to wipe off Fido's feet, too.

- **Clean up spills** the minute they happen, especially in the refrigerator and microwave. Rinse out toothpaste so it doesn't harden in the sink.
- **Wipe water off the walls and glass door** of your shower with a squeegee before you step out to your towel. "It's easy and helps you avoid having to work on built-up soap scum and hard-water stains later," Smallin says. She likes the OXO Good Grips All-Purpose Squeegee ($6.95; *amazon.com*), which hangs on a suction cup in just about any convenient, out-of-the-way spot.
- **Stash disposable surface wipes** in the bathroom, and give your sink and counter a quick wipe each morning once the last person is done so you don't have to clean them thoroughly as often.
- **Regularly brush pets** to limit the hair that ends up on carpeting, rugs, and upholstery. This also tames the small fur balls that roam the edges of hardwood floors.

2. CHOOSE THE RIGHT TOOLS

Stock up on cleaning supplies that will cut down on elbow grease.

- **Buy a few microfiber cloths.** Dust wood surfaces with the dry cloth, then wet it, wring it out thoroughly, and wipe mirrors and glass.
- **Recycle white cotton T-shirts into rags.** Use them to wipe up spills or blot stains from carpets and rugs. If a carpet stain is particularly stubborn, try hydrogen peroxide. (Unlike the kind you use for bleaching hair, the 3 percent topical solution available at drugstores

A CLEAN SWIPE

Made with nontoxic ingredients, today's eco-friendly cleaning wipes are meant *not* to last (some are even compostable). On the surface, disposable wipes may seem somewhat wasteful, but consider them a water-saving alternative to cloth rags. Plus, some wipe containers use less packaging than liquid cleaners. Here we pull out a few of our home-tested favorites.



METHOD MULTI-SURFACE WIPES (FRENCH LAVENDER)
$4 for 30;
methodhome.com
WE LIKE Their durability, impressive cleaning performance, and effective flip-top packaging.
GREEN THUMBS-UP Made of bamboo fibers, which are renewable and compostable. Pouch uses 60 percent less plastic than a typical canister.



GREEN WORKS NATURAL CLEANING WIPES
$3.39 for 30;
greenworkscleaners.com
WE LIKE Their heft and softness; they feel like fabric cloths. Actually seemed to "grab" crumbs.
GREEN THUMBS-UP When you're through, dispose of them in the compost bin and recycle the canister (which is made from recycled plastic).



MRS. MEYER'S CLEAN DAY SURFACE WIPES (LEMON VERBENA)
$3.99 for 24;
mrsmeyers.com
WE LIKE Their pleasant, not-too-strong scent. Lots of strength in a lightweight sheet.
GREEN THUMBS-UP Impressively thin product and minimal packaging needed to do the job.



SEVENTH GENERATION DISINFECTING WIPES (LEMONGRASS & THYME)
$2.99–$3.99 for 35;
seventhgeneration.com
WE LIKE Their sudsiness for bathroom cleaning. Clean scent (though some might find it too strong).
GREEN THUMBS-UP They clean *and* disinfect naturally ("kills over 99.99 percent of household germs"). Container and lid are recyclable.



BABYGANICS THE GRIME FIGHTER ALL-PURPOSE SURFACE WIPES
$4.99 for 25;
babyganics.com
WE LIKE Their large size (7x10 inches) and strength. Can handle a good scrubbing.
GREEN THUMBS-UP Natural enough to be used around babies.

"If you use it every day, it gets to stay; otherwise put it away." DONNA SMALLIN

and supermarkets won't remove the carpet color.) Pour it on the stain, place a damp white cotton rag over it, then press it gently with a hot steam iron for 15 to 20 seconds. With patience and plenty of steam, the stain will transfer to the cloth.

- **Turn on the tap.** "It's amazing what you can clean with water," Smallin says. To clean crusty food from your microwave, fill a cereal bowl with water and microwave it for five minutes. The steam will soften crusty food on the inside of the microwave and make it easier to wipe away. Likewise, place a wet sponge or rag on dried-on spills in the refrigerator. Close the door and take care of another cleaning task for 20 minutes (empty the dishwasher, sort the mail). When you come back to the fridge, you'll be able to wipe off the spill.

3. CLEAR OUT THE CLUTTER

Decluttered, your house will automatically look tidier. And it's easier to clean with less stuff to work around.

- **Put away countertop space-stealers.** Some kitchen and bath appliances, such as breadmakers and hair curlers, may not get used often enough to justify keeping them out. "If you use it every day, it gets to stay; otherwise put it away," Smallin says. Put little-used items on shelves in the basement, attic, or garage where they're out of the way until you need them.
- **Create storage solutions** in problem areas,

such as the countertop, closet floor, and by the back door. Set out a bin or basket for collecting the mail, use a shoe rack on the floor that you can move to vacuum (or a hanging organizer you don't have to move), and mount hooks for backpacks, purses, keys, and coats. Smallin suggests experimenting with removable Command Hooks by 3M ($28 for six; *acehardware.com*) until you get the right placement.

- **Bundle computer and other electronics cords with plastic sleeves.** This not only eliminates visual mess, but it keeps the snarl from trapping dust. Look for the customizable Belkin Hideaway Cord Concealer ($14.99; *officemax.com*).

TOP-TO-BOTTOM CLEAN

Instead of single-task cleaning, you may prefer to thoroughly clean one room at a time. Donna Smallin recommends a tiered system: Start in a far corner and clean your way out of the room. "Also, work in one direction, such as clockwise, so you know you've hit everything," Smallin says. Here's the ideal order:

TOP Dust high bookcases, the tops of window treatments, light fixtures, and fan blades. "Dusting gets things falling to the floor, so you should always start with this chore," Smallin says. She prefers an extendable microfiber duster.

MIDDLE Clean anything at waist height, which includes bookcases, the fronts of cabinets, coffee tables, and dressers.

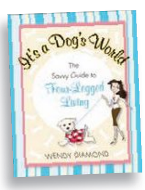
BOTTOM Vacuum carpeting and rugs and clean hard-surface floors. Smallin recommends the Bissell PROlite Upright Vacuum ($199; *target.com*), which is designed for all surfaces.

FINISH Take one last look. Spots that are easy to overlook are the upper corners of the room, where cobwebs lurk, and the tops of lightbulbs. Hit those, then close the door.

ADVERTISEMENT



Home is Where Your Pet Is



Emmy Award–winning actress Alison Sweeney doesn't let her allergies get in the way of her love for her pets. TV personality Wendy Diamond shares some easy tips from her new book, *It's a Dog's Life*.

FUR–LESS FLOORS: Hard surfaces are easiest to clean with shedding pets. Adding water-based finish to precious floors is worth the investment.

UPSET BY UPHOLSTERY? Micofiber, microsuede and ultrasuede fabrics are the most stain-resistant. Prevent pet stains and shedding with slipcovers, decorative (and washable) throws, or a dog or cat bed on the floor.

GREEN THUMB? Pay close attention to your landscaping; some seemingly harmless plants can be toxic to dogs. On the short list: daffodils, tulips, foxgloves, and poinsettias. The long list is available at ASPCA.org.

PAINTS FOR PETS: Avoid paints with volatile organic compounds (VOCs) for pets that enjoy licking. Try clay paint, or paints composed of earth-based materials.

THE POWER OF PRINTS: Avoid solid prints for decor. Stripes, tweeds or paisley prints will not only hide pet hair, but also add a splash of sophistication.



MEET WENDY

Pet lifestyle expert, TV personality and animal rescue advocate Wendy Diamond is editorial director and chief pet officer of Animal Fair, a lifestyle media company for animal lovers and pet parents. She is the author of *It's a Dog's World – A Savvy Guide to Four Legged Living.*

Reducing Pet Allergens

Someone in your home have a pet allergy? Don't panic! There are solutions to reducing pet allergens in the home.

- Regular dusting
- Closing unused air vents
- Limiting pets on carpets/upholstery
- Use HEPA vacuum filters
- Wash blankets, pillow covers, slipcovers often
- Frequently bathe pets (Most successful with dogs)

Visit **lovetheair.com** for more allergy-friendly tips

OPEN YOUR HOME AND HEART TO A NEW PET. PETCO MAKES IT EASY.

PETCO Where the pets go.

THINK ADOPTION FIRST

Through its Think Adoption First initiative, PETCO helps find homes for thousands of homeless pets every month and rewards new pet parents with an exclusive savings program. Visit your local PETCO the weekend of April 17-18 to meet adorable pets in your area. Log on to petco.com to find a store near you.




AIR WICK
AQUA ESSENCES
FRESH WATERS

outdoors

IN THE GARDEN



SHASTA DAISIES JOIN THE CHORUS OF BLOOM AS GARDENS REACH THEIR PEAK.

Summer's Coming. Design and plant gorgeous pots. Frame your house with flowery beds. Plant zinnias for quick, carefree color.



SCENIC DRIVE
A simple picket gate marks the beginning of the flower-filled stroll from Barbara and Tony Andrea's driveway to their front door. All-weather seating on the slate patio, *opposite*, is a cozy landing spot.

holding court

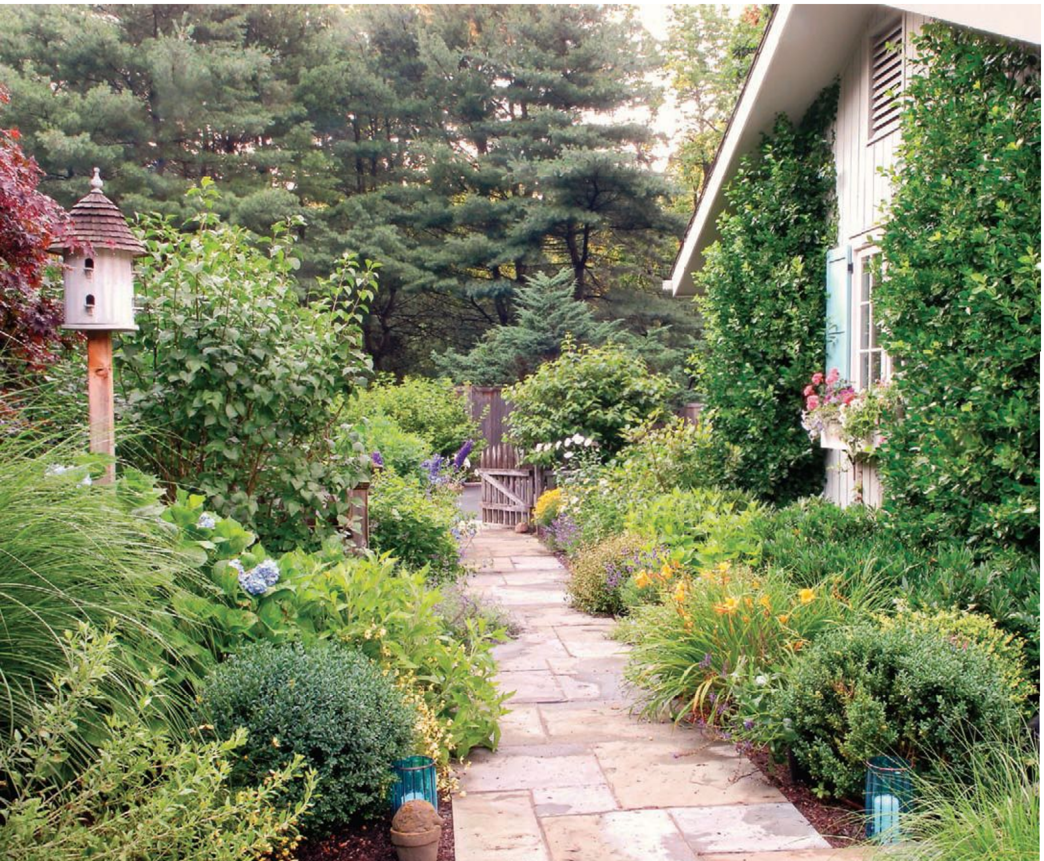
A bloom-filled entry courtyard makes every trip across the threshold a happy homecoming.

by MEGAN McCONNELL HUGHES photos MATHEW BENSON produced by KARIN LIDBECK BRENT



Filled with overgrown shrubs and little else, the courtyard around the entrance to Barbara and Tony Andrea's Connecticut residence didn't exactly say, "Welcome to our home." But, enclosed on three sides by the L-shape house and a garage, the space had plenty of potential as a garden retreat. It just needed a new design to give it the warmth the couple felt befitted their newly renovated cottage-style house. "For me, a landscape is like a frame on a painting. It should enhance a home," Barbara says.

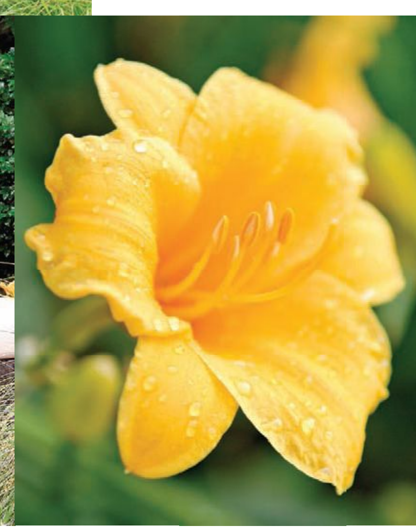
Landscapers William Ostrander and Steven Pacholyk installed the foundation of the new design—a slate patio in the middle of the



MIX AND MATCH
Working with soft colors to complement the blue and gray of the house exterior, *right*, Barbara, *below left*, filled her garden with pink, yellow, purple, and orange blooms. 'Stella d'Oro' daylily, *below right*, is one of the perennials that Barbara relies on for seasonlong color. "I would rather buy a perennial than an annual any day. Perennials are so hardworking," she says.

> "OUR GARDEN IS THE LIVING ROOM. IT'S OUR PLACE FOR COFFEE IN THE MORNING, COCKTAILS IN THE LATE AFTERNOON."
> BARBARA ANDREA





courtyard—and extended the paving as a path to the existing driveway. Small trees and flowering shrubs planted along the fourth, open side of the space reinforce the feeling of an enclosed outdoor room.

Barbara, an avid gardener, then filled the 70-foot trek from driveway to front door with daylilies, Shasta daisies, roses, hydrangeas, and many other flowering perennials and shrubs. Planting pockets set into the paving soften the stone patio's hard edges. Vines ramble up the walls, uniting the house and garden. "I wanted a garden that would hug the house," says Barbara.

The cozy courtyard is the couple's outdoor living room during the summer months, with a flower show that lasts until autumn. "It's so friendly and welcoming, it makes me happy every time I come home."



Finding enclosure

Trees planted on the open side of Barbara and Tony Andrea's courtyard block a view of a public street and transform the space into a fully enclosed outdoor room. Omitting scattered pavers from the stone patio created planting pockets where blooming perennials blur the line between patio and garden.

For buying information see page 237.





"THE ORIGINAL LANDSCAPE WAS BORING, FLAT, AND OPEN. I WANTED A COLORFUL GARDEN THAT WOULD HUG THE HOUSE."
BARBARA ANDREA

ILLUSTRATION: GARY PALMER

Rx Only

Once-daily 40 mg* Capsules

ORACEA®

(doxycycline, USP) *30 mg immediate release & 10 mg delayed release beads

Keep out of reach of children.

Brief Summary of Full Prescribing Information

INDICATIONS AND USAGE

ORACEA is indicated only for the treatment of inflammatory lesions (papules and pustules) of rosacea in adult patients.

The dosage of ORACEA differs from that of doxycycline used to treat infections. To reduce the development of resistant bacteria as well as to maintain the effectiveness of other antibacterial drugs, ORACEA should be used only as indicated.

CLINICAL PHARMACOLOGY

Pharmacokinetics

ORACEA capsules are not bioequivalent to other doxycycline products.

CONTRAINDICATIONS

This drug is contraindicated in persons who have shown hypersensitivity to doxycycline or any of the other tetracyclines.

WARNINGS

Teratogenic effects: 1) Doxycycline, like other tetracycline-class antibiotics, can cause fetal harm when administered to a pregnant woman. If any tetracycline is used during pregnancy or if the patient becomes pregnant while taking these drugs, the patient should be informed of the potential hazard to the fetus and treatment stopped immediately.

ORACEA should not be used during pregnancy (see **PRECAUTIONS: Pregnancy**).

2) The use of drugs of the tetracycline class during tooth development (last half of pregnancy, infancy, and childhood up to the age of 8 years) may cause permanent discoloration of the teeth (yellow-gray-brown). This adverse reaction is more common during long-term use of the drug but has been observed following repeated short-term courses. Enamel hypoplasia has also been reported. **Tetracycline drugs, therefore, should not be used during tooth development unless other drugs are not likely to be effective or are contraindicated.**

3) All tetracyclines form a stable calcium complex in any bone-forming tissue. A decrease in fibula growth rate has been observed in premature human infants given oral tetracycline in doses of 25 mg/kg every 6 hours. This reaction was shown to be reversible when the drug was discontinued.

Results of animal studies indicate that tetracyclines cross the placenta, are found in fetal tissues, and can cause retardation of skeletal development on the developing fetus. Evidence of embryotoxicity has been noted in animals treated early in pregnancy (see **PRECAUTIONS: Pregnancy** section).

Gastrointestinal effects: Pseudomembranous colitis has been reported with nearly all antibacterial agents and may range from mild to life-threatening. Therefore, it is important to consider this diagnosis in patients who present with diarrhea subsequent to the administration of antibacterial agents.

Treatment with antibacterial agents alters the normal flora of the colon and may permit overgrowth of clostridia. Studies indicate that a toxin produced by Clostridium difficile is a primary cause of "antibiotic-associated colitis."

If a diagnosis of pseudomembranous colitis has been established, therapeutic measures should be initiated. Mild cases of pseudomembranous colitis usually respond to discontinuation of the drug alone. In moderate to severe cases, consideration should be given to management with fluids and electrolytes, protein supplementation, and treatment with an antibacterial drug clinically effective against Clostridium difficile colitis.

Metabolic effects: The anti-anabolic action of the tetracyclines may cause an increase in BUN. While this is not a problem in those with normal renal function, in patients with significantly impaired function, higher serum levels of tetracycline-class antibiotics may lead to azotemia, hyperphosphatemia, and acidosis. If renal impairment exists, even usual oral or parenteral doses may lead to excessive systemic accumulations of the drug and possible liver toxicity. Under such conditions, lower than usual total doses are indicated, and if therapy is prolonged, serum level determinations of the drug may be advisable.

Photosensitivity: Photosensitivity manifested by an exaggerated sunburn reaction has been observed in some individuals taking tetracyclines. Although this was not observed during the duration of the clinical studies with ORACEA, patients should minimize or avoid exposure to natural or artificial sunlight (tanning beds or UVA/B treatment) while using ORACEA. If patients need to be outdoors while using ORACEA, they should wear loose-fitting clothes that protect skin from sun exposure and discuss other sun protection measures with their physician.

PRECAUTIONS

General: Safety of ORACEA beyond 9 months has not been established.

As with other antibiotic preparations, use of ORACEA may result in overgrowth of non-susceptible micro-organisms, including fungi. If superinfection occurs, ORACEA should be discontinued and appropriate therapy instituted. Although not observed in clinical trials with ORACEA, the use of tetracyclines may increase the incidence of vaginal candidiasis.

ORACEA should be used with caution in patients with a history of or predisposition to candidiasis overgrowth.

Bacterial resistance to tetracyclines may develop in patients using ORACEA. Because of the potential for drug-resistant bacteria to develop during the use of ORACEA, it should be used only as indicated.

Autoimmune Syndromes: Tetracyclines have been associated with the development of autoimmune syndromes. Symptoms may be manifested by fever, rash, arthralgia, and malaise. In symptomatic patients, liver function tests, ANA, CBC, and other appropriate tests should be performed to evaluate the patients. Use of all tetracycline-class drugs should be discontinued immediately.

Tissue Hyperpigmentation: Tetracycline-class antibiotics are known to cause hyperpigmentation. Tetracycline therapy may induce hyperpigmentation in many organs, including nails, bone, skin, eyes, thyroid, visceral tissue, oral cavity (teeth, mucosa, alveolar bone), sclerae and heart valves. Skin and oral pigmentation has been reported to occur independently of time or amount of drug administration, whereas other pigmentation has been reported to occur upon prolonged administration. Skin pigmentation includes diffuse pigmentation as well as over sites of scars or injury.

Pseudotumor cerebri: Bulging fontanels in infants and benign intracranial hypertension in adults have been reported in individuals receiving tetracyclines. These conditions disappeared when the drug was discontinued.

Laboratory Tests: Periodic laboratory evaluations of organ systems, including hematopoietic, renal and hepatic studies should be performed. Appropriate tests for autoimmune syndromes should be performed as indicated.

Drug Interactions: 1. Because tetracyclines have been shown to depress plasma prothrombin activity, patients who are on anticoagulant therapy may require downward adjustment of their anticoagulant dosage. 2. Since bacteriostatic drugs may interfere with the bactericidal action of penicillin, it is advisable to avoid giving tetracycline-class drugs in conjunction with penicillin. 3. The concurrent use of tetracycline and methoxyflurane has been reported to result in fatal renal toxicity. 4. Absorption of tetracyclines is impaired by bismuth subsalicylate, proton pump inhibitors, antacids containing aluminum, calcium or magnesium and iron-containing preparations. 5. Doxycycline may interfere with the effectiveness of low dose oral contraceptives. To avoid contraceptive failure, females are advised to use a second form of contraceptive during treatment with doxycycline. 6. There have been reports of pseudotumor cerebri (benign intracranial hypertension) associated with the concomitant use of isotretinoin and tetracyclines. Since both oral retinoids, including isotretinoin and acitretin, and the tetracyclines, primarily minocycline, can cause increased intracranial pressure, the concurrent use of an oral retinoid and a tetracycline should be avoided.

MICROBIOLOGY

The plasma concentration of doxycycline achieved with ORACEA during administration (see **DOSAGE AND ADMINISTRATION**) are less than the concentrations required to treat bacterial diseases. *In vivo* microbiological studies utilizing a similar drug exposure for up to 18 months demonstrated no detectable long-term effects on bacterial flora of the oral cavity, skin, intestinal tract, and vagina.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Doxycycline was assessed for potential to induce carcinogenesis in a study in which the compound was administered to Sprague-Dawley rats by gavage at dosages of 20, 75, and 200 mg/kg/day for two years. An increased incidence of uterine polyps was observed in female rats that received 200 mg/kg/day, a dosage that resulted in a systemic exposure to doxycycline approximately 12.2 times that observed in female humans who use ORACEA (exposure comparison based upon area under the curve (AUC) values). No impact upon tumor incidence was observed in male rats at 200 mg/kg/day, or in either gender at the other dosages studied. Evidence of oncogenic activity was obtained in studies with related compounds, i.e., oxytetracycline (adrenal and pituitary tumors) and minocycline (thyroid tumors).

Doxycycline demonstrated no potential to cause genetic toxicity in an *in vitro* point mutation study with mammalian cells (CHO/HGPRT forward mutation assay) or in an *in vivo* micronucleus assay conducted in CD-1 mice. However, data from an *in vitro* assay with CHO cells for potential to cause chromosomal aberrations suggest that doxycycline is a weak clastogen.

Oral administration of doxycycline to male and female Sprague-Dawley rats adversely affected fertility and reproductive performance, as evidenced by increased time for mating to occur, reduced sperm motility, velocity, and concentration, abnormal sperm morphology, and increased pre-and post-implantation losses. Doxycycline induced reproductive toxicity at all dosages that were examined in this study, as even the lowest dosage tested (50 mg/kg/day) induced a statistically significant reduction in sperm velocity. Note that 50 mg/kg/day is approximately 3.6 times the amount of doxycycline contained in the recommended daily dose of ORACEA for a 60-kg human when compared on the basis of AUC estimates. Although doxycycline impairs the fertility of rats when administered at sufficient dosage, the effect of ORACEA on human fertility is unknown.

Pregnancy: Teratogenic Effects: Pregnancy Category D. (see **WARNINGS** section). Results from animal studies indicate that doxycycline crosses the placenta and is found in fetal tissues.

Nonteratogenic effects: (see **WARNINGS** section).

Labor and Delivery: The effect of tetracyclines on labor and delivery is unknown.

Nursing Mothers: Tetracyclines are excreted in human milk. Because of the potential for serious adverse reactions in infants from doxycycline, ORACEA should not be used in mothers who breastfeed. (see **WARNINGS** section).

Pediatric Use: ORACEA should not be used in infants and children less than 8 years of age (see **WARNINGS** section). ORACEA has not been studied in children of any age with regard to safety or efficacy, therefore use in children is not recommended.

ADVERSE REACTIONS

Adverse Reactions in Clinical Trials of ORACEA: In controlled clinical trials of adult patients with mild to moderate rosacea, 537 patients received ORACEA or placebo over a 16-week period. The most frequent adverse reactions occurring in these studies are listed in the table below.

Incidence (%) of Selected Adverse Reactions in Clinical Trials of ORACEA (n=269) vs. Placebo (n=268)

	ORACEA	Placebo
Nasopharyngitis	13 (4.8)	9 (3.4)
Pharyngolaryngeal Pain	3 (1.1)	2 (0.7)
Sinusitis	7 (2.6)	2 (0.7)
Nasal Congestion	4 (1.5)	2 (0.7)
Fungal Infection	5 (1.9)	1 (0.4)
Influenza	5 (1.9)	3 (1.1)
Diarrhea	12 (4.5)	7 (2.6)
Abdominal Pain Upper	5 (1.9)	1 (0.4)
Abdominal Pain Distention	3 (1.1)	1 (0.4)
Abdominal Pain	3 (1.1)	1 (0.4)
Stomach Discomfort	3 (1.1)	2 (0.7)

Note: Percentages based on total number of study participants in each treatment group.

Adverse Reactions for Tetracyclines: The following adverse reactions have been observed in patients receiving tetracyclines at higher, antimicrobial doses:

Gastrointestinal: anorexia, nausea, vomiting, diarrhea, glossitis, dysphagia, enterocolitis, and inflammatory lesions (with vaginal candidiasis) in the anogenital region. Hepatotoxicity has been reported rarely. Rare instances of esophagitis and esophageal ulcerations have been reported in patients receiving the capsule forms of the drugs in the tetracycline class. Most of the patients experiencing esophagitis and/or esophageal ulceration took their medication immediately before lying down. (see **DOSAGE AND ADMINISTRATION** section).

Skin: maculopapular and erythematous rashes. Exfoliative dermatitis has been reported but is uncommon. Photosensitivity is discussed above. (see **WARNINGS** section).

Renal toxicity: Rise in BUN has been reported and is apparently dose-related. (see **WARNINGS** section).

Hypersensitivity reactions: urticaria, angioneurotic edema, anaphylaxis, anaphylactoid purpura, serum sickness, pericarditis, and exacerbation of systemic lupus erythematosus.

Blood: Hemolytic anemia, thrombocytopenia, neutropenia, and eosinophilia have been reported.

OVERDOSAGE:

In case of overdosage, discontinue medication, treat symptomatically, and institute supportive measures. Dialysis does not alter serum half-life and thus would not be of benefit in treating cases of overdose.

DOSAGE AND ADMINISTRATION

THE DOSAGE OF ORACEA DIFFERS FROM THAT OF DOXYCYCLINE USED TO TREAT INFECTIONS. EXCEEDING THE RECOMMENDED DOSAGE MAY RESULT IN AN INCREASED INCIDENCE OF SIDE EFFECTS INCLUDING THE DEVELOPMENT OF RESISTANT MICROORGANISMS.

One ORACEA capsule (40 mg) should be taken once daily in the morning on an empty stomach, preferably at least one hour prior to or two hours after meals.

Efficacy beyond 16 weeks and safety beyond 9 months have not been established.

Administration of adequate amounts of fluid along with the capsules is recommended to wash down the capsule to reduce the risk of esophageal irritation and ulceration. (see **ADVERSE REACTIONS** section).

HOW SUPPLIED

ORACEA (beige opaque capsule printed with GLD 40) containing doxycycline, USP in an amount equivalent to 40 mg of anhydrous doxycycline. Bottle of 30 (NDC 0299-3822-30).

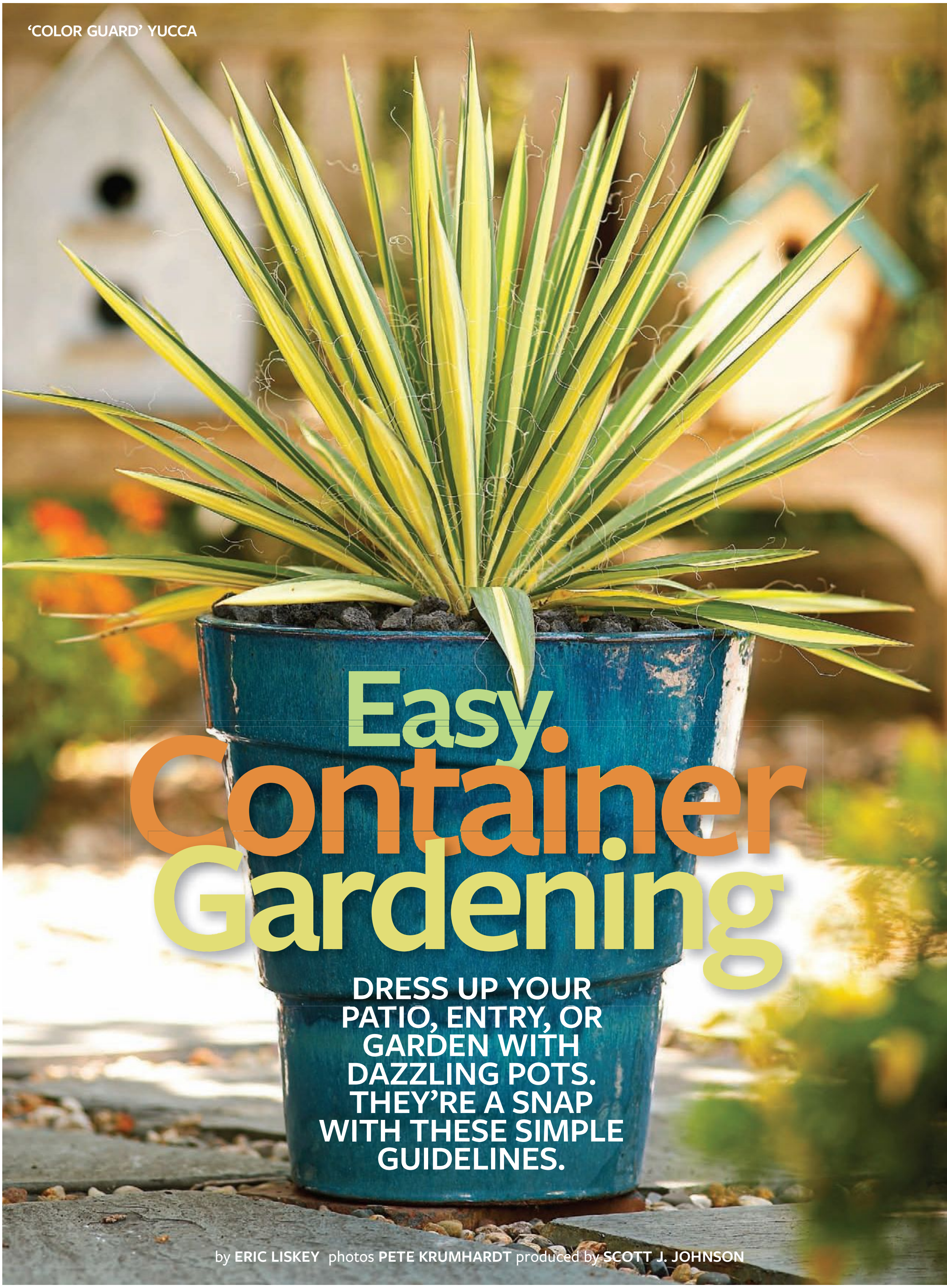
Storage: All products are to be stored at controlled room temperatures of 15°C - 30°C (59°F - 86°F) and dispensed in tight, light-resistant containers (USP). Keep out of reach of children.

Patent Information: U.S. Patents 5,789,395; 5,919,775; 7,232,572; 7,211,267 and patents pending.

Marketed by:
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Fort Worth, Texas 76177 USA
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20050-0908 Revised: September 2008

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'COLOR GUARD' YUCCA

Easy Container Gardening

DRESS UP YOUR PATIO, ENTRY, OR GARDEN WITH DAZZLING POTS. THEY'RE A SNAP WITH THESE SIMPLE GUIDELINES.

by **ERIC LISKEY** photos **PETE KRUMHARDT** produced by **SCOTT J. JOHNSON**

Anatomy of a pot

Beautiful containers reach their potential only if planted properly. Here's the scoop on soil, pots, and the little things that help plants thrive.



TOP IT OFF
Cover the surface with mulch. Not only does it decorate the pot, it also reduces soil splashing and conserves water. Simple wood or bark mulch is fine, but try other materials, such as rocks, for a more decorative look.

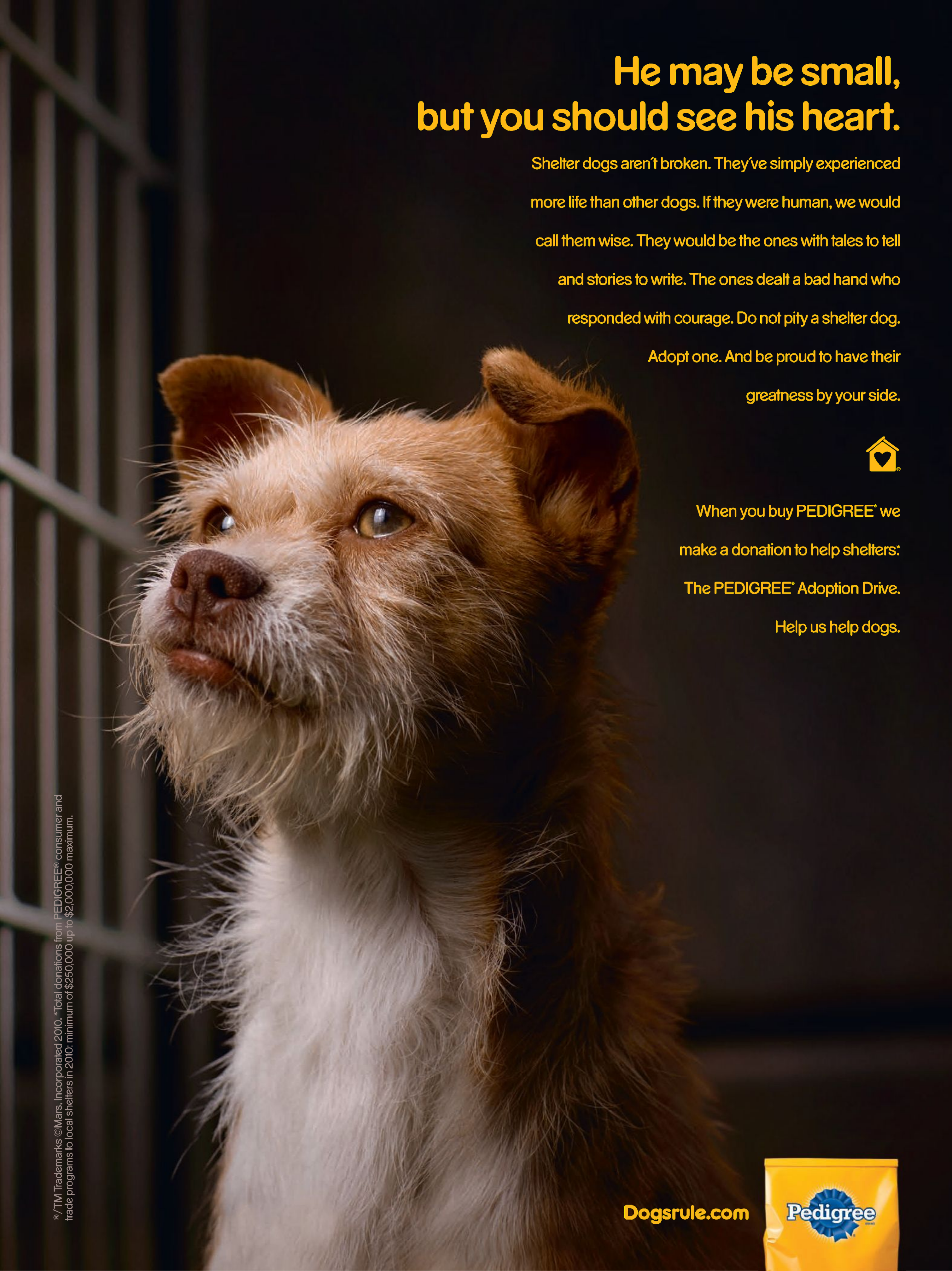
USE QUALITY POTTING SOIL
Always use potting mix, never garden soil. And although it's tempting to reuse potting mix—it costs money, after all—plants will grow more robustly and have fewer diseases with fresh mix. When you plant, blend in slow-release fertilizer.

KEEP IT LIGHT
In larger pots (more than 12 inches across) you may want to displace soil and decrease the overall weight. An upside-down plastic pot or packing peanuts in the pot's bottom will do the trick. In smaller pots, fill completely with soil for good root growth.

CATCH DRAINAGE
Pots must have a drainage hole for excess water to pass through. A pan to hold the drain water prevents staining on your deck or patio.

tip From the Test Garden

Plants need good potting mix to thrive.
How can you spot a good potting mix? Hoist the bag. If it's light and fluffy, like moist sawdust, it's probably fine. If it's heavy and feels like wet dirt, keep looking.


He may be small, but you should see his heart.
Shelter dogs aren't broken. They've simply experienced more life than other dogs. If they were human, we would call them wise. They would be the ones with tales to tell and stories to write. The ones dealt a bad hand who responded with courage. Do not pity a shelter dog. Adopt one. And be proud to have their greatness by your side.
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Basic design

Just remember three words—**THRILLER, SPILLER, FILLER.** They spell out the formula for no-fail designs. Combine an upright plant, a trailer that spills down the pot's sides, and a filler to add fullness and color.

POWER IN NUMBERS
Combine three, five, or even more pots in varying sizes and styles on steps, in a corner, or at an entry. Containers that are unremarkable by themselves have great impact in groups.

STAR OF THE SHOW
Pots with single plants can be stunning accents. Choose a larger container and a plant with striking features, such as the yucca on *page 117.*

1) **'DUET' NEW ZEALAND FLAX** spikes upward.
2) **'CALLIE YELLOW' CALIBRACHOA** and
3) **'PROFUSION FIRE' ZINNIA** form a cushion of color beneath.




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TLC for plants

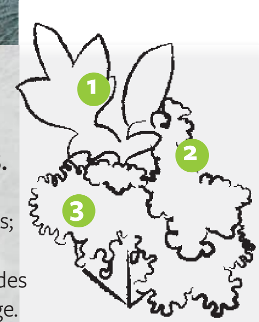
You've chosen your plants and nestled them in quality potting mix. Now, proper care will keep them happy.

WATER WITH CARE Pots in full sun often require daily soaking. Shade pots, however, are easy to overwater; if soil is wet, wait another day.

DEADHEAD Regularly snip off spent blooms and brown leaves to keep containers looking tip-top.

EXPOSURE Place pots where they'll receive the amount of sun or shade appropriate for the plants in them. All the plants in a pot should have similar sun and water needs.

1) **CANNA 'TROPICANNA'** reaches upward;
2) **GERANIUM 'MRS. POLLOCK'** fills in with painted leaves;
3) **CALIBRACHOA 'SCARLET'** cascades over the pot's edge.



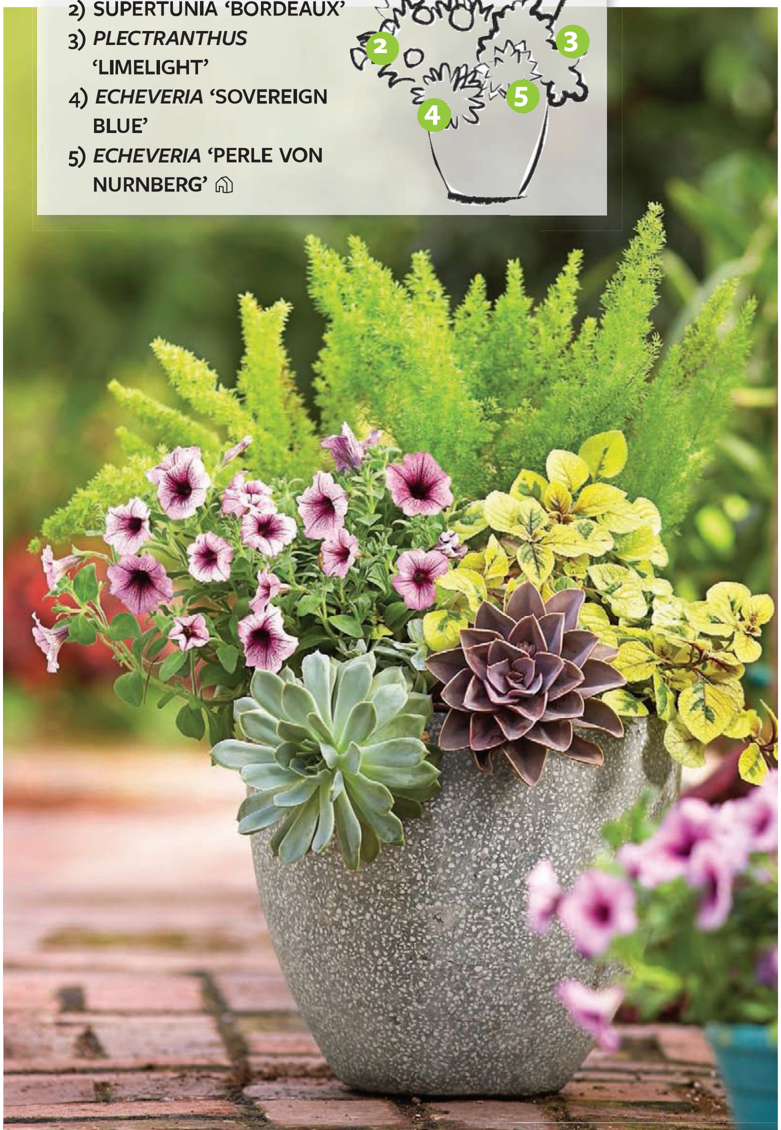


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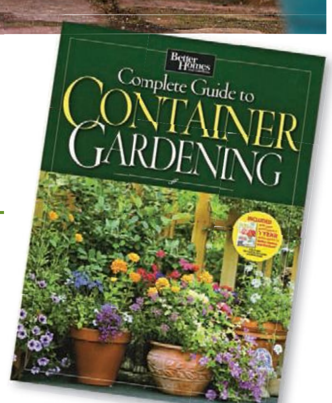
From our cover

1) ASPARAGUS FERN 'MYERSII'
2) SUPERTUNIA 'BORDEAUX'
3) *PLECTRANTHUS* 'LIMELIGHT'
4) *ECHEVERIA* 'SOVEREIGN BLUE'
5) *ECHEVERIA* 'PERLE VON NURNBERG'



Go Online

BHG.com/containers is your gateway to container know-how. Go there now to see hundreds of design ideas, find container plants for your climate, and learn more about making pots thrive all season. Also check out our new *Complete Guide to Container Gardening*—find more information at BHG.com/containers.



For buying information see page 237.



the wood shed

This shed is no wallflower—it's a gardener's "playhouse" and the main attraction of the yard.

by DEBRA PRINZING photos LAURIE BLACK producer LORALEE WENGER

CHARTER MEMBER
Placed among mature trees and shrubs, the shed looks as if it were part of the original landscape.



homeowners often tuck garden sheds away in inconspicuous places—understandable given their usual drab appearance. When Cindy and Dave Storrar built theirs, however, they designed the stylish structure to complement their old farmhouse in Gig Harbor, Washington, and made it the centerpiece of their half-acre garden.

Cindy and Dave discovered the perfect shed plan in the pages of an old *Better Homes and Gardens*. They started with salvaged wide-plank fir boards, cedar shingles, and windows, modifying the plan to accommodate the reused materials. Then the do-it-yourselfers spent around $2,000 on additional lumber, gravel, and corrugated metal roofing. Working on weekends, it took them about three months to finish the project.

They placed the shed among mature plants so it would look like part of the original landscape, "as if it has been here

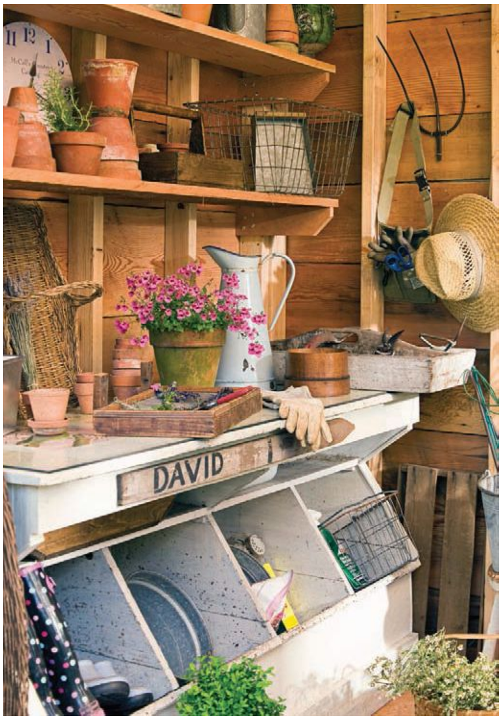
continued on page 130



REINCARNATION
The 7x9-foot shed, *top*, was built with wood, windows, and a door salvaged from a home renovation. A pot stand, *above*, gives Cindy a place to plant containers.


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outdoors STRUCTURES



for a long time," Dave says. Instead of building wood steps, he stacked flat granite rocks that—again—look as if they've been there for ages. The shed rests on concrete piers on gravel and sand, not a permanent foundation. Which is just fine, says Dave. "If we ever leave here, Cindy says she's taking it with us."

Cindy decorated the interior with her vintage garden collectibles. She loves spending time there, working at a chipped enamel table or an old pine desk, the ideal spot for arranging cut flowers or bundling herbs to dry. "I wanted a playhouse when I was little," Cindy says. "Now I have one, surrounded by everything I love."

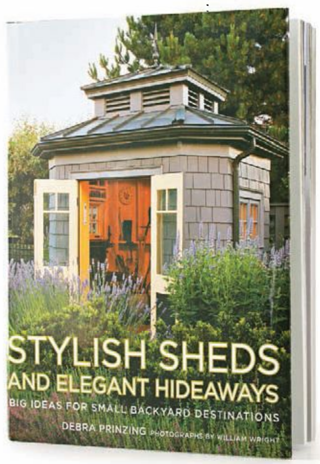
You can order a plan of the Storrars' shed. The kit includes blueprints, a list of materials, a detailed construction drawing, full-size patterns, and step-by-step instructions. The shed measures 6x9x11 feet tall. **TO ORDER: CALL 800/235-5700 OR VISIT READERSHOPPING.COM.** Specify project #500512 and source M0018; $19.95.

NECESSITIES Inside essentials include shelves, hooks, and a rescued potato separator used for potting and storage. Nooks and crannies formed by the studs and joists are ideal for storing flowerpots and hand tools.

EXPERT ADVICE

design your dream shed

Simple design touches can turn any shed into a tranquil space. Here is writer Debra Prinzing's shed-design checklist, excerpted from her book, *Stylish Sheds and Elegant Hideaways: Big Ideas for Small Backyard Destinations*.





MISSION Identify the activities that draw you outdoors (art, music, poetry, growing plants, play, entertaining, or meditating). Most personal passions can find a home in a small garden shed.

MUST-HAVES List the design ingredients most important to you. Combine functional with frivolous. It's OK to add a vintage cut-glass chandelier or a daybed. Make it your personal "nest."

INSPIRATION Draw inspiration from that single idea you can't stop imagining—a historic property, a specific color, a recent beach vacation.

CREATIVE SOLUTIONS Treat the exterior as a garden focal point and give it some of the visual upgrades you would your home. Decorate the interior with collections and cherished objects.

For buying information see page 237.


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COLOR ZEST 'Blue Point' zinnias come in many colors, including orange, *here*. All hues except, ironically, blue.

some like it hot

Looking for summerlong color for pots, borders, and bouquets? Easy-growing zinnias are some of the most versatile of all annual blooms.

by JANE AUSTIN McKEON photos PETE KRUMHARDT



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Zinnias

may start with a "z," but they belong at the top of the garden alphabet. Great for beginners, this annual is on our A-list of the simplest flowers to grow from seeds. Just wait for the soil to warm in spring, toss in a handful of seeds, and stand back—you'll have seedlings within a week and blooms by June or July, when summer heat fuels their nonstop flower power. Only frost can end the show.

Select dwarf types (10–18 inches tall), such as 'Thumbelina' and 'Swizzle' to edge beds or fill small pots; medium-size varieties (18–24 inches tall), including 'Lilliput' and 'Green Envy' to grow in large containers or the middle of your garden; or giants (2½–4 feet tall), such as 'Blue Point' and 'Zowie Yellow Flame' to add drama to the back of a border. For vases, 'Benary's Giant' and 'Peppermint Stick' are a cut above the rest.

Powdery mildew (an unsightly gray powder on foliage) can be a problem for zinnias where summers are humid. Reduce the risk by following recommended plant spacing (found on the back of the seed packet) to promote good air circulation and by keeping leaves dry when you water. Or select one of the disease-resistant hybrids, including 'Blue Point', 'Profusion', and 'Star'.

Zinnias
Zinnia spp.

ANNUAL, PLANT IN SPRING OR SUMMER

WATER

HEIGHT
10–48″

SUN



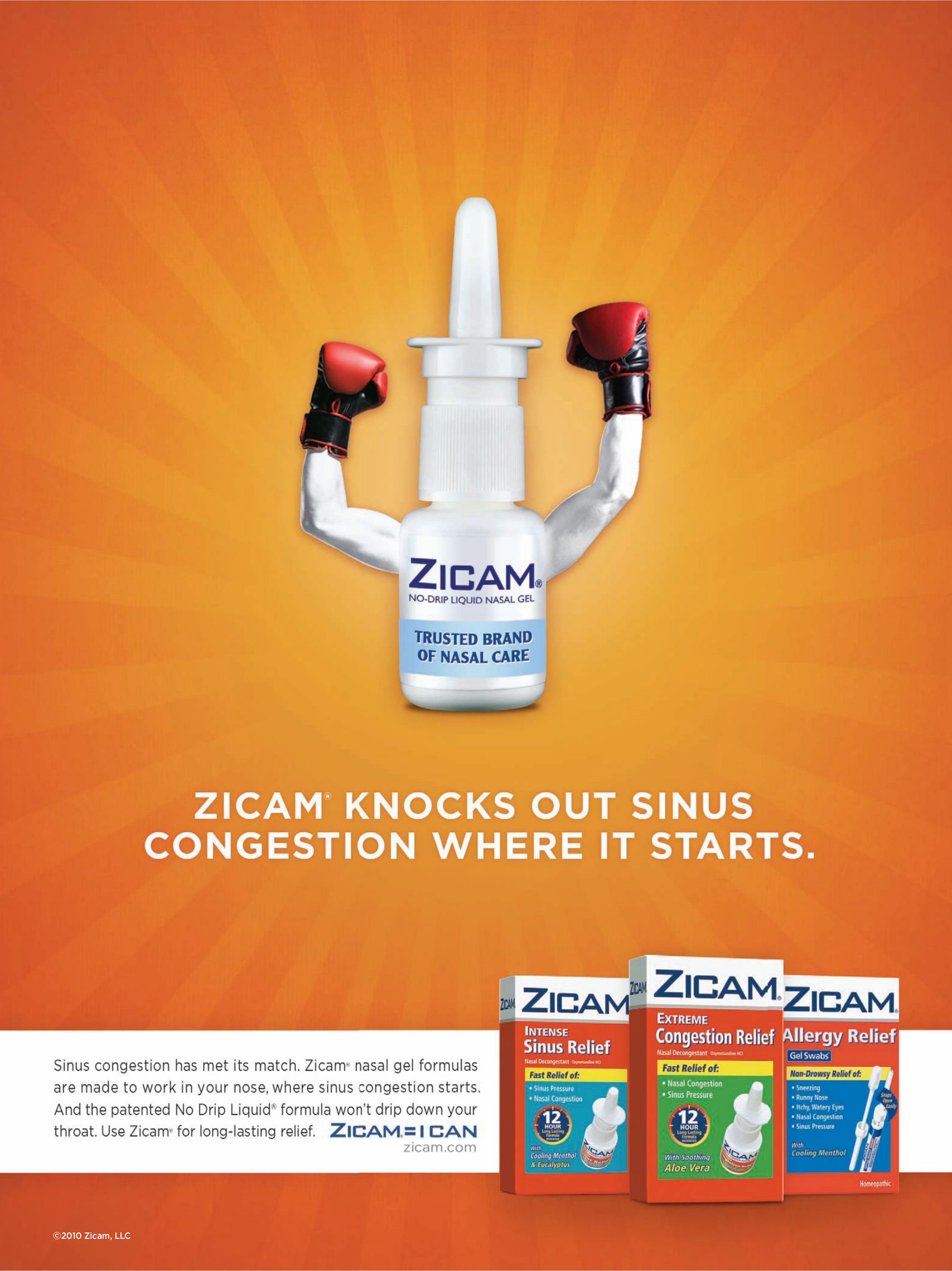
CONTAINER COLOR
Compact zinnias, such as the bushy, 12- to 18-inch 'Zahara Yellow', *above,* are ideal for large pots. Other great pot varieties include 'Crystal White', 'Lilliput', and 'Thumbelina Mix'.



BUTTERFLY MAGNETS
Want to attract winged visitors to your garden? Zinnias serve a steady supply of nectar that caters to butterflies. 'Profusion Orange', *above,* is a favorite.



GROOM AND BLOOM
To prolong blooming, snip off faded flowers, *above,* before they form seeds. Don't want to deadhead? 'Profusion' zinnias are self-cleaning.


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Choose between single, double, and semidouble zinnias. Some varieties have blooms that resemble dahlias, with pom-pom, cactus, or spider flower forms.



Choosing & Growing

Buy stocky, budded zinnia transplants at garden centers in spring. For a larger selection of varieties and less cost, start from seeds. For a few dollars and a single seed packet, you can grow a garden's worth of blooms.



INDOORS START
Four to five weeks before your last average frost, sow seeds ½ inch deep and 2–3 inches apart in flats filled with a seed-starting mix. Provide bright light and constant moisture.

GARDEN START
After frost danger is past, transplant seedlings to a bed that gets six or more hours of sun each day. Or sow seeds directly into well-worked soil.

Go Online

To find out your average last frost go to BHG.com/lastfrost.

For buying information see page 237. To order a seed collection see page 147.



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strawberry delight

THIS DELECTABLE, EASY-TO-GROW TREAT DOESN'T ALLOW YOU ANY EXCUSES. Just give it good soil, full sun, water, and fertilizer. Some varieties are hardy to Zone 3, so they can grow nearly anywhere, and produce year after year. They even thrive in containers, such as the well-suited strawberry pot. "June-bearing" types produce one early crop a year. For a steady harvest summer through fall, grow three or four "day-neutral" or "ever-bearing" varieties, such as 'Quinault', *here*. To locate sources of strawberry plants, go to Bonnieplants.com.

PHOTO: KRITSADA

the gardener

TOOLS & TIPS FOR EVERYONE WHO LOVES TO DIG

by ERIC LISKEY

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THIS MONTH IN THE GARDEN



north Fertilize emerging perennials by scratching fertilizer into the soil around the plants. Danger of frost should end this month in most places, making it safe to plant warm-season flowers and vegetables.



south Now is the time to sow seed or plant sprigs of Bermuda grass and other Southern grasses. If you haven't cut back old stems in your perennial beds, this is your last chance before new growth becomes too large.



west As weather heats up, make sure beds are well-mulched, and give your sprinkler system a tune-up to make sure it runs efficiently. Fertilize rhododendrons and azaleas with fertilizer made for acid-loving plants.

PHOTOS: (SCRATCHER) MARTY BALDWIN; (SEEDING) MICHAEL GARLAND; (SPRINKLER) DAVE TOHT; (TOOLS) BLAINE MOATS





YARD GOODS

planting tools



Hewn from sustainably harvested oak certified by the Forest Stewardship Council, this elegant tool set includes a dibblet and dibble for planting seeds and plants, potting soil tamper, newspaper pot maker, and twine set. Potting Shed Collection, $42; fromfarmtomarket.com

8–10 pounds

The amount of tomatoes a typical plant can produce in a season. To get the most out of your tomato plants, grow them in a tomato cage, water and fertilize regularly, and be sure they receive at least 6 hours of sun per day.

Source: Iowa State University Extension

READER SHOPPING



fresh fruit

Dedicate a section of your garden to our special selection of pie-fruit and be rewarded with sweet desserts into fall. One 'Victoria' rhubarb; twelve 'Seascape' strawberry plants, and two blueberry bushes.

TO ORDER THE FRUIT SAMPLER FOR PIES, item MM087241 for $49.95 plus shipping, call White Flower Farm, 800/420-2852, or visit readershopping.com.

PLANTINGS

fruit of the room



Here's a dwarf fruit tree that beats them all. 'Petite Negra' produces edible figs when it's a mere 12 inches tall, and the plant tops out at just 2–3 feet. Grow it in a pot indoors, where it stays evergreen, or as a patio plant. Hardy to Zone 8. 'Petite Negra' fig, $18; logees.com

garden smarts

"If you're planting perennials for the first time, consider hardy ones such as blue false indigo, purple coneflower, black-eyed Susan, beard-tongue, cranesbill, and tickseed. These North American natives are among the hardiest and most carefree to grow."

Jane McKeon, *senior associate editor*



HUNTINGTON BOTANICAL GARDENS
SAN MARINO, CALIFORNIA

PHOTOS: (PARK) COURTESY OF HUNTINGTON LIBRARY; (FIG) BLAINE MOATS

a day at the garden May 7

Celebrate National Public Gardens Day, May 7, by visiting your local public garden. *Better Homes and Gardens* has partnered with the American Public Gardens Association and is proud to announce our new Public Gardens Locator on *BHG.com/publicgardenfinder.* And while at *BHG.com,* sign up for a chance to win a new Honda Insight as part of our annual spring garden celebration.

READER SHOPPING



fragrant hosta

'Aphrodite' has even bigger flowers and bigger fragrance—the huge, intensely perfumed double flowers measure 5–6 inches long. Plant along a lightly shaded path where you can take in the heady aroma.

TO ORDER APHRODITE, THE MOST FRAGRANT HOSTA item MM031584 for $19.95, call White Flower Farm, 800/420-2852, or visit readershopping.com.



Qa: Last year, my garden mums grew really leggy. How do I keep them compact, like when you buy them? Pinching or cutting off the stem tips will cause mums to branch out and stay more compact. Do this when the plants are 6 inches tall, and again a few weeks later (but no later than the 4th of July). The next time you buy mums, look for cushion- or carpet-type mums, which stay low and compact without pinching.



PLANTINGS

bring it on

Augusta Blue Skies cupflower (*Nierembergia*) can take all the heat Mother Nature can dish out, which makes it ideal for hot, full sun locations next to pavement or exposed walls. A low, mounding annual, it blooms all summer, covering itself in purple flowers until frost. It thrives with regular water but needs good drainage. Go to *provenwinners.com* to locate a retailer near you.

READER SHOPPING



happy zinnias

From *page 134* we created a sampler of six varieties of brilliant-hued zinnias—they'll make a cheerful, intensely colored garden. Get your vases ready!

TO ORDER THE ZINNIA SAMPLER item MM087236 for $29.95 plus shipping, call White Flower Farm, 800/420-2852, or visit readershopping.com.


Experience the powerful odor-fighting protection of
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fragrance ingredients fight odor
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honeysuckle + tea tree oil
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DARE TO
Join Forces with Nature
Body mist and antiperspirant. Now available in the deodorant aisle.
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Just desserts

Event planner and dessert specialist Amy Atlas knows everything about all things sweet—who better to describe why candy colors rule?



PRINTS CHARMING
"This dress is so *me*—I gravitate to bright patterns on simple, traditional shapes." Multicolored dress, Donna Morgan, $128; at Belk stores

by KELLY L. PHILLIPS
photos FRANCOIS DISCHINGER
styling JONNY LICHTENSTEIN

SET DESIGN: MARCUS HAY; HAIR AND MAKEUP: VALERIE VELEZ



MEET Amy Atlas, 37, the "sweets stylist" behind the imaginative dessert tables of Amy Atlas Events.

RECIPE FOR SUCCESS "I always looked at sweets as beautiful, edible art, so I started creating dessert tables for my own parties. My guests loved them so much that I eventually turned my hobby into a niche business."

THE FIRST FAN "My husband is the voice of reason in our relationship. He's challenged me with tough love and constant support—he was the one to ask, 'Is it a hobby or a business?'"

SWEET JUSTICE "When people see a dessert table I've designed, they assume I have an art degree. Nope—but I'm a licensed attorney. My creative side came out a bit later in life."

SUGAR MAMA "My two sons have a deep love of sugar, too. My oldest is a chocoholic, and my little guy loves vanilla. On weekends, you'll find us all—no surprise—*baking*."

HER STYLE "I aim for a classic-yet-sophisticated look. I literally live in leggings or skinny jeans paired with a blouse." Find out about her *BHG* fashion shoot on her blog, *amyatlas.blogspot.com*.

SPARKLE AND SHINE "I like the idea of glamming it up with sequins—and this top could work for day or night." A sherbet-hue scarf plays off the shimmer beautifully. Sequin cami, American Eagle, $40; *ae.com*. Mid-length bubble skirt, United Colors of Benetton, $49; 800/535-4491 for stores. Cross dye scarf, Coldwater Creek, $20; *coldwatercreek.com*. Flower satin heel, Badgley Mischka, $200; *endless.com*. Coral resin earrings, Sequin, $45; 212/398-7363 for stores

"Coming up with a dessert design and seeing it come to life is a 'wow' moment for me, every time. It's so fulfilling to create something beautiful. And it's a bonus that it's delicious."

CHECK OUT our behind-the-scenes photo gallery at *Facebook.com/myBHG*


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"I want people to see me and think that I can style myself as well as I can design a dessert bar."



TASTEMAKER "As a rule, I try to blend classics with modern, vibrant pieces." Here, the timeless cardigan meets the new casual comfort of the maxi. Floral chiffon maxi dress, Old Navy, $35; at Old Navy stores. Cotton cardigan, American Eagle, $30; *ae.com.* Orange link beaded necklace, Simply Vera Vera Wang, $36; at Kohl's stores

PHOTOS: JEFF HARRIS; TECHNICAL STYLING: CLAIRE TEDALDI

BUDDING GENIUS Take a floral-print blouse a step further with the addition of a blooming belt. Raw-edge tie-neck blouse, LOFT, $50; *loftonline.com.* Rose patent belt, Talbots, $39; *talbots.com.* Perfect khaki, Old Navy, $30; at Old Navy stores



IN FULL BLOOM An all-purpose dress in mouth-watering pink is the recipe for what-to-wear success. Bonus: The oversize pink flower detaches. Modern Fragments flower sheath, Ann Taylor, $158; *anntaylor.com*



SWEETEN THE DEAL An instant pick-me-up for a neutral dress? A candy-color scarf. V-neck collared dress, United Colors of Benetton, $109; 800/535-4491. Glam 'n' gorgeous scarf, Avon, $15; *avon.com*



PATTERN PLAY Stick to a simple three-color palette, and layer on the texture. Wade blazer, BB Dakota, $90; *revolveclothing.com.* Tank top, Kenneth Cole, $29; at Kenneth Cole retail stores. Pencil skirt, White House Black Market, $88; *whbm.com.* Corsage flower necklace, Boden, $58; *bodenusa.com*



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coral riff

Branch out with this gem of a shade. From pale peach to all-out orange, this hue effortlessly perks up pale complexions and flatters warmer ones.



Clockwise, from left ▶ **GO GLAMOROUS** Bring out your inner femme fatale with Estée Lauder Michael Kors Very Hollywood lip gloss in Starlet Peach, $20. ▶ **SIZZLE** OPI Hot & Spicy nail color adds pizzazz, $9. ▶ **PEACHY KEEN** MAC Paradisco eye shadow gives big color payoff, $15. ▶ **QUICK STICK** Blush on the go with N.Y.C. New York Color's portable Blushable Crème Stick in Plaza Pink, $4. ▶ **SUBTLE CHEEK** Nars Gina is a soft, sheer, tangerine-tone powder blush $25. ▶ **THE RIGHT POP** Get rich color with a single swipe of Revlon ColorBurst Lipstick in Coral, $9. ▶ **STAY PUT** Mary Kay Creme Lipstick in Sunburst feels great on lips and won't bleed into fine lines, $13. ▶ **TWOFER** Bobbi Brown's California Coral Pot Rouge in Cabo Coral gives lips and cheeks a subtly sunny tone, $22. ▶ **PURE** BareMinerals Morning Blush is free of preservatives, talc, oil, waxes, dyes, fillers, and fragrances, $18.

by MELISSA MILRAD GOLDSTEIN photos JEFF HARRIS styling LAURIE RAAB


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You're tough. But your underarms are tender. So how do you get odor and wetness protection while conditioning uncomfortable and itchy dry skin? With new **Secret Soothing Effects** antiperspirant. Its unique formula, infused with soy and acai berry, conditions to soothe your underarms. Tough odor and wetness protection for tender skin.
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liner notes



Combine the ease of pencil eyeliner with the impact of liquid and you get **Physicians Formula** Shimmer Strips Custom Eye Enhancing Gel Cream Liners. Choose according to your eye color: Each stackable trio contains one pot of black liner and two iris-accentuating, smudgeproof shades. The formula is fragrance- and paraben-free, making it safe for sensitive eyes and contact lens wearers. Includes a full-size eyeliner brush; $11.



mist opportunity

That perfect complexion you see on actresses, models, and even newscasters? One word: airbrushing. This spray-on foundation technique covers a multitude of skin sins and even stays put in humidity. Now it's available to those of us who don't have a makeup artist on speed dial. We took two to task and learned that in this case, DIY is A-OK.

▶**TEMPTU** Once you get over the sticker shock (the unit costs $225, and the custom foundation it requires, which lasts about two months, is $55), you'll be shocked again by how good you look on your first try. Hot tip: Stop by any Sephora to try before you buy.

▶**LUMINESS AIR** The $169 Basic kit contains an instructional DVD plus a selection of foundations. It took a little experimentation to find our shades, but we enjoyed playing up the look with the spray bronzer, highlighter, and shimmer (all included); at *HSN.com.*



NUTS ABOUT...

The **Moroccan Oil** hair care line. Made from argan oil (the extract from the nut of the argan tree), this hair treatment reduces frizzies and boosts shine. Since vitamin-rich argan is one of the most expensive oils around, Moroccan Oil's a bit pricey (it starts at $14). But a little really does go a long way.

good for you

Move over, green tea. **Acai [Ah-Sigh-EE]** is the new antioxidant in town. This blueberry-like fruit found in the Brazilian rainforest is getting a lot of buzz because it boasts high levels of antioxidants—important ammunition in the fight against external aging. That's why we're seeing the berry popping up in skin care like **Kiehl**'s Acai Damage-Repairing collection, $25, and cosmetics such as **Revlon** Age Defying Spa Foundation, $14. But will it flatten your fine lines? Scientists say it's promising, but more testing is in order. At least now you know how to pronounce it...

roll back the years

Pinching your cheeks is one way to make skin look healthy, but so is **Garnier Nutritioniste's** Ultra-Lift Pro Deep Wrinkle Roller—and with a lot less pain. The rollerball stimulates skin's circulation to massage skin-plumping ingredients into facial folds. All you've got to do is roll with it; $17.




Erase fine lines!*
Erase crow's feet!*
Erase age spots!*
Active Formula
+ Micro-Corrector Applicator
Erase Instantly.
More Completely.*
7 YEARS OF RESEARCH
3** PATENTS
NEW MAYBELLINE NEW YORK
Instant Age Rewind
The Eraser Treatment Makeup
Super Concentrated. Goji Berry + Collagen
SPF 18
Introducing
The Eraser
Treatment Makeup
Go beyond covering lines.* With an exclusively designed applicator, The Eraser instantly micro-covers and micro-erases for ultimate flawless perfection.
IT'S A NEW AGE IN ANTI-AGING
ON THE SURFACE: Our exclusive Micro-Corrector Applicator fills and smoothes like no finger or sponge can.
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In 12 Shades. With SPF 18.
maybelline.com
MAYBELLINE® NEW YORK
MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE®
Christy is wearing New Instant Age Rewind® The Eraser Treatment Makeup in Pure Beige. ©2010 Maybelline LLC.
*Doesn't just cover; after 8 weeks of use reduces imperfections without makeup on. **One patent granted, two patents pending.
Visual is a dramatization of actual product results.

best in faux

Get the look without the rays. Develop a safe tan on your terms—when and how you want it.

by MELISSA MILRAD GOLDSTEIN



Despite what the ads say, tanning beds are not good for you. The World Health Organization recently reclassified UV-emitting tanning beds as carcinogenic to humans, lumping them in the same category as arsenic. But all is not lost. Self-tanners have come a long way, baby. Whether you need a sun-kissed look tonight or an all-over burnish for next week's vacation, our guide will help you get glowing reviews.

YOU WANT COLOR...

▶ RIGHT NOW

USE liquid bronzer.

DO apply these with confidence. Since this is essentially makeup, there won't be any surprises later on; it washes right off. When using on your face, apply where the sun naturally hits: nose, forehead, cheeks, and chin.

DON'T forget to blend well along your jawline and neck.

TRY **L'Oréal** Sublime Bronze, One Day, $11; **Laura Mercier** Bronzing Gel, $32.

▶ IN A FEW HOURS

USE a self-tanner.

DO start with a thin layer of body cream, paying special attention to knees and elbows. Then work the self-tanner onto skin in a circular motion.

DON'T overdo it. Heaping on the product will lead to streaking, not a deeper tan. And don't forget to wash your hands after application.

TRY **St. Tropez** Self Tan Bronzing Mousse, $30; **Clinique** Self-Sun Body Airbrush Spray, $20. Color lasts 3–5 days.

▶ IN A FEW DAYS

USE a glow lotion.

DO apply it in place of your regular body cream. The color develops gradually, so mistakes aren't very noticeable.

DON'T be afraid to mix it up. If the shade you're using isn't right, switch it up.

TRY **Jergens** Natural Glow Express Body Moisturizer, $9; **Nivea** Sun-kissed Beautiful Legs, $10. Color is buildable and lasts as long as you continue to apply.

▶ WITH PROFESIONAL HELP

USE a local spa for an airbrush tanning session or a tanning salon for a spray tan booth.

DO check your inhibitions at the door—these services are conducted in the buff. If spray tanning, pay attention to the instructional video and be diligent about applying the provided lotion to the soles of feet, between toes, fingers, nails, palms, knees, and elbows.

DON'T wear white! Stick with dark, loose-fitting garments to avoid any potential color transfer. And skip a shower for the next four to six hours to allow the color to set.

TRY **Mystic Tan** and **Hollywood Tan** locations. Color lasts 5–7 days; sessions run $30 and up.

Self-tanner grabs onto dry skin, leaving splotches of uneven color. Solution? Always exfoliate first with a gentle scrub, such as **Caress** Evenly Gorgeous Exfoliating Body Wash, $4.


*Based on average retail prices at major supermarkets for a family meal for four. †In every half cup of sauce. ©2010 Unilever


100% Natural
Old World Style
RAGÚ
Traditional

one menu three ways three days

FOUR GO-TO RECIPES ARE ALL YOU NEED FOR A MONTH OF PARTIES. WE'LL SHOW YOU HOW TO CHANGE THEM UP FOR MOTHER'S DAY, GRADUATION DAY, AND MEMORIAL DAY. THE MENU IS SIMPLE—TENDERLOIN, POTATO SALAD, GREEN BEANS, CUPCAKES—BUT THE MEALS ARE SPECTACULAR.







by RICHARD SWEARINGER photos ANDY LYONS food styling JILL LUST recipes JULI HALE prop styling SUE MITCHELL



1

RED POTATO SALAD WITH MUSTARD DRESSING

GREEN BEANS WITH PEPPERS

ROASTED HERB-GARLIC **BEEF TENDERLOIN**

mother's day Dinner in the dining room.

RED POTATO SALAD WITH MUSTARD DRESSING



Use Mom's place card to tell her how much you appreciate her.



GREEN BEANS WITH PEPPERS

Casual yet special. Just like Mom.



ROASTED HERB-GARLIC BEEF TENDERLOIN





On Mother's Day, start with our four go-to recipes, then add a few extras for style without fuss. Dress up the beef tenderloin, *left*, with mushrooms and fresh herbs. Alongside serve a sauce made with yellow sweet peppers, onions, and garlic. Accent the basic green bean recipe with grilled pineapple rings, *above*. As a first course, top the roasted potato salad, *opposite*, with a creamy dressing that gets a nice kick from hot mustard.

Recipes begin on page 195

PHOTOS: (BOY WITH DISHES) VEER; (MOM WITH KIDS) CORBIS



Serve pizzas and condiments on a cutting board covered with waxed paper. Cleanup is easy.

HERB-GARLIC BEEF TENDERLOIN PIZZA

2

LAYERED **RED POTATO SALAD**

GREEN BEANS AND PASTA

HERB-GARLIC **BEEF TENDERLOIN** PIZZA

graduation day Party indoors or out.



Use a computer printer and scrapbooking paper to create pennants; cut into triangles *after* printing.



GREEN BEANS AND PASTA



LAYERED RED POTATO SALAD





PHOTOS: (GRADUATES) JUPITER IMAGES; (CAMERA) VEER

When you expect guests to drop in throughout the afternoon, set up a buffet and spin the basic recipes to casual. Use the green beans, *above*, to give pasta salad fresh flavor. Layer the potato salad, *left*, in a tall jar to show off baby tomatoes, fennel, red onions, and carrots. Make your tenderloin go further by slicing it thin and serving it on flatbread pizzas, *opposite*. Then, get creative with additional toppings such as dried tomatoes, mushrooms, and sweet peppers.

Recipes begin on page 195

Crowd-pleasing buffet. Easy on the budget.

memorial day

Backyard fun. Grazing

CHOPPED **RED POTATO SALAD**

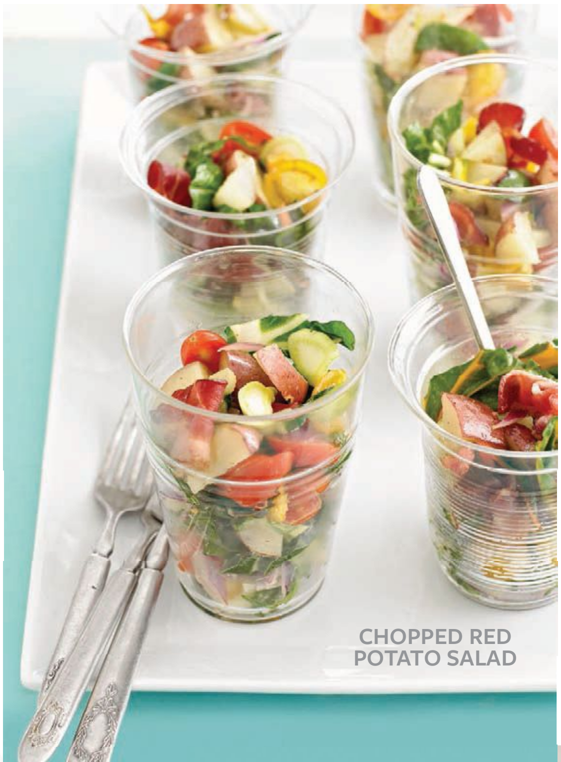
PICKLED **GREEN BEANS** AND SPRING VEGETABLES

3 HERB-GARLIC **BEEF TENDERLOIN** SLIDERS



HERB-GARLIC BEEF TENDERLOIN SLIDERS

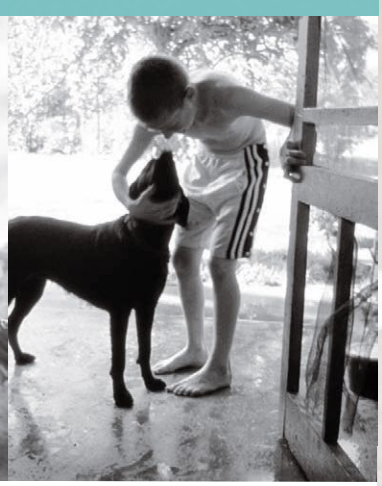
stations. Grab-and-go dishes. Hello, summer.


CHOPPED RED POTATO SALAD


Wrap and glue ribbon to wooden picks to make flags for sliders.

PHOTOS: (CROQUET) QUENTIN BACON; (BOY & DOG) VEER






PICKLED GREEN BEANS AND SPRING VEGETABLES

Available in widths to fit almost any table, kraft paper is a low-key way to protect surfaces.

Finish the month with an on-your-feet outdoor game party. Modify the basic menu so that guests can comfortably hold lunch in one hand, a croquet mallet in the other. Slice the tenderloin thin, pile into palm-size sliders, *opposite*, and add crisp radishes, peppery watercress, and horseradish sauce. Chop the potato salad ingredients and serve in individual cups, *above*. The green beans, *right*, become finger food when cut into two-bite lengths. Marinate them in cider vinegar-dill dressing with red pepper, snow peas, and asparagus.

Recipes begin on page 195



BUTTERCAKES WITH SOUR CREAM FROSTING



one cupcake Three occasions. Three ways.

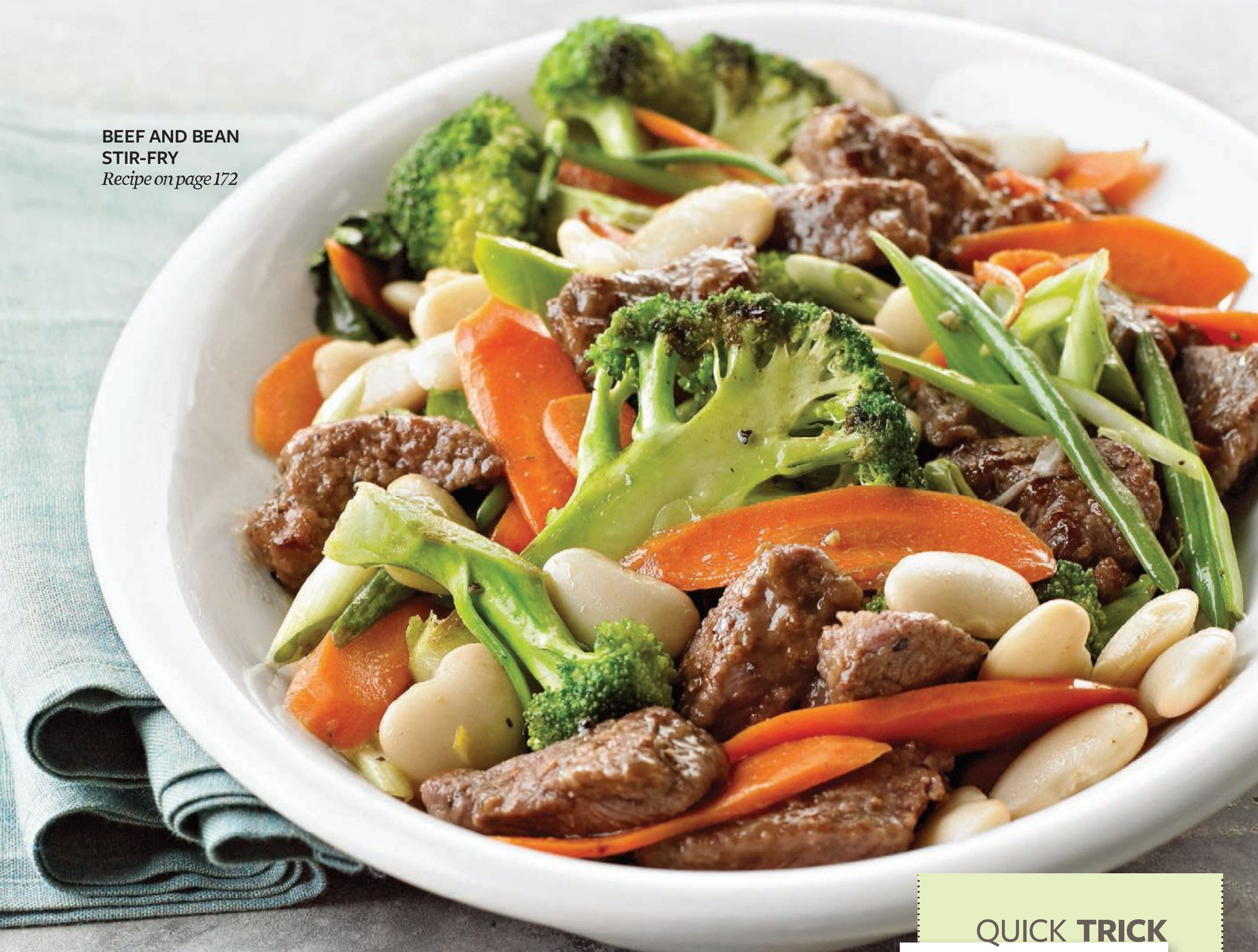
Tender, buttery cupcakes are easy to adapt for all three gatherings. On Mother's Day, bake the batter in festive-colored nut cups, *above,* and top the sour-cream frosting with purchased icing flowers. Serve your graduate a cupcake, *right*, topped with a chocolate-covered cherry and a mortarboard made by dipping a small square cracker in chocolate. On Memorial Day, create a one-handed sundae, *above right*, by baking cupcake batter in cones, then topping with a scoop of strawberry ice cream.

Recipes begin on page 195





Oscar Mayer
It's noon somewhere.
Our hot, melted sandwiches taste so fresh, you just can't wait to eat them.
Oscar Mayer
DELI CREATIONS
COMPLETE SANDWICHES
HOT SANDWICH MELTS
TURKEY MONTEREY
Ranch
it doesn't get better than this
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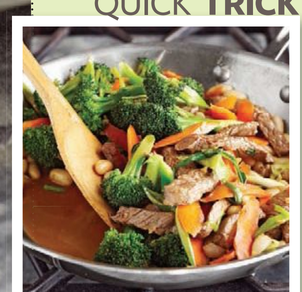
BEEF AND BEAN STIR-FRY
Recipe on page 172

fast from scratch

Easy techniques, simple recipes. Here's where to start for homemade dinners on the fly.

by ERIN SIMPSON photos ANDY LYONS
food styling JILL LUST recipes RICHARD SWEARINGER

QUICK **TRICK**



toss & turn

Stir-fries are the definition of fast cooking. Working in batches keeps the pan hot and cooking time short. Cook and toss bite-size pieces of meat and vegetables separately, then combine with the orange juice and soy sauce (see recipe, *page 172*). Use a large flare-sided pan, and toss and turn often so steam can escape.

BEEF AND BEAN STIR-FRY

START TO FINISH: 20 MIN.

- 2 Tbsp. vegetable oil
- 1 lb. boneless beef top loin steak, trimmed of fat and cut in thin strips
- 2 cloves garlic, minced
- 1 tsp. chopped fresh ginger
- 2 carrots, thinly diagonally sliced
- 3½ cups broccoli florets (8 oz.)
- 6 green onions, cut in long thin strips
- ¼ cup orange juice concentrate, thawed, or orange juice
- 2 Tbsp. reduced-sodium soy sauce
- ¼ tsp. crushed red pepper
- 1 15-oz. can cannellini beans

1. In 12-inch skillet with flared sides or a large wok heat *1 Tbsp.* of the oil over medium-high heat. Cook and stir beef, garlic, and ginger until beef is browned, about 2 to 3 minutes. Remove from skillet. Heat *remaining* oil. Add carrots and broccoli; cook and stir 3 minutes. Add green onions; cook 1 minute more.
2. Add orange juice concentrate, soy sauce, and crushed red pepper; toss to coat. Add cooked beef and beans; cook until heated through. **MAKES 4 SERVINGS.**
EACH SERVING *470 cal, 28 g fat, 76 mg chol, 557 mg sodium, 30 g carbo, 8 g fiber, 31 g pro.*

ZUCCHINI-WRAPPED PORK

A vegetable peeler works great for making the zucchini slices. If using a knife, first cut a thin lengthwise piece off so the zucchini lies flat and doesn't roll on the cutting board, then slice thinly.

START TO FINISH: 35 MIN. OVEN 450°F

- 1 small zucchini
- 12 to 16 oz. pork tenderloin
- Olive oil
- ⅓ cup purchased basil pesto
- Small fresh basil leaves (optional)
- Watercress or arugula (optional)

1. Preheat oven to 450°F. Line a 15×10×1-inch baking pan with foil; set aside. With a sharp knife or vegetable peeler, cut zucchini lengthwise in thin slices (you'll need 8 slices). Cut pork tenderloin crosswise into 4 equal portions. Press meat down with the palm of hand to flatten slightly.
2. Wrap each tenderloin portion with two zucchini slices (reserve remaining zucchini for another use). Place in prepared pan. Lightly brush with oil; sprinkle with *salt* and *pepper.*
3. Roast, uncovered, 18 to 20 minutes (12-oz. tenderloin) or 25 to 30 minutes (16-oz.), or until meat registers 160°F. Spoon some of the pesto over each tenderloin just before serving and sprinkle with basil leaves. Serve with remaining pesto and watercress. **MAKES 4 SERVINGS.**
EACH SERVING *203 cal, 11 g fat, 62 mg chol, 382 mg sodium, 4 g carbo, 1 g fiber, 21 g pro.*



QUICK TRICK



wrap & roast

Roasting is so low-maintenance. There's little prep and cleanup when cooking few ingredients together on a foil-lined pan. Because this tenderloin roast is cut in individual portions, it cooks quickly. Thin zucchini strips absorb juices from the pork and take on a toasty grilled flavor.

Share the Best.™

SNYDER'S® OF HANOVER
AMERICA'S ★ PRETZEL™

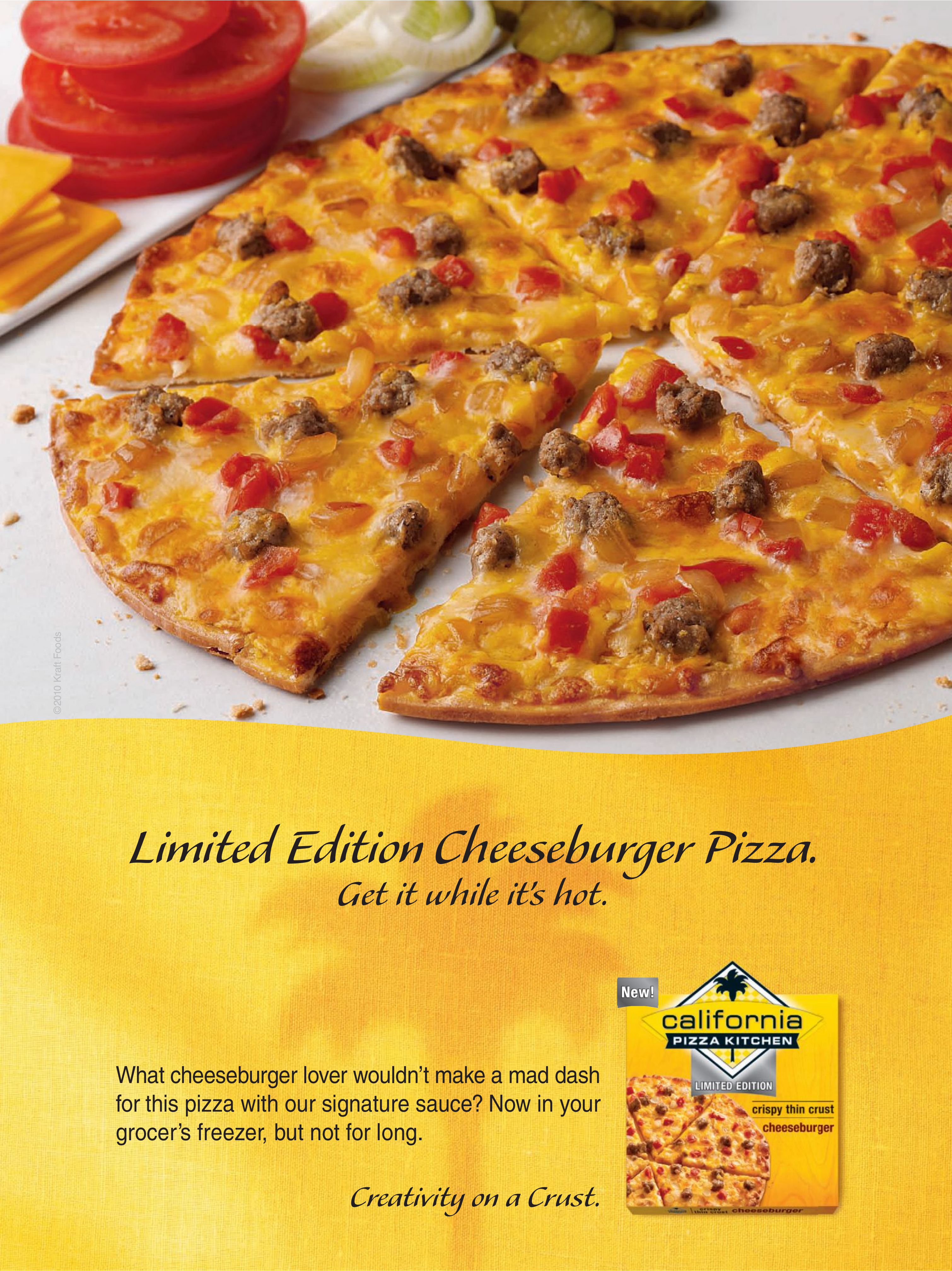


Bursting with flavor! 30% less fat than the best-selling flavored potato chips*. At Snyder's of Hanover, we've been sharing our love of pretzels for generations. After all, the best things in life are made to be shared.

snydersofhanover.com



*Snyder's Honey Mustard & Onion Pieces (7g of fat/28g serving) have 30% less fat than America's best-selling flavored potato chips.



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Creativity on a Crust.
New!
california
PIZZA KITCHEN
LIMITED EDITION
crispy thin crust
cheeseburger

QUICK TRICK



slice & chill

No need to cook. Quick-marinate vegetables for a hearty fresh salad. Slice the vegetables thin so they'll need only 10 minutes to soak up the flavor—enough time to set the table or slice bread. Try it with shredded cooked chicken or drained canned beans in place of the smoked salmon.

SMOKED SALMON AND APPLE SUPPER SALAD

Lox-style salmon is cured by brining and then smoked, giving it a softer texture and brighter color—it almost looks raw, but it is fully cooked. Any smoked salmon will work.

START TO FINISH: 27 MIN.

- 4 oz. thinly sliced lox-style smoked salmon or smoked salmon, flaked, with skin and bones removed
- 3 medium carrots, cut lengthwise in ½-inch-wide sticks
- 3 stalks celery, cut lengthwise in ½-inch-wide sticks
- 2 medium fennel bulbs, cored and thinly sliced
- 1 medium green apple, cored and thinly sliced
- ¼ cup olive oil
- 1 medium lemon
- 1 tsp. sugar
- ½ tsp. salt
- 1 Tbsp. capers, drained
- Lemon slices and/or fennel fronds (optional)

1. In an extra-large bowl combine salmon, carrots, celery, fennel, and apple.
2. In screw-top jar combine olive oil, the finely shredded peel and juice from lemon, sugar, and salt. Cover; shake well to combine. Drizzle over salad. Let stand 10 minutes, tossing halfway through.
3. Toss in capers. Serve with lemon slices.

MAKES 4 SERVINGS.

EACH SERVING *246 cal, 15 g fat, 7 mg chol, 1,039 mg sodium, 24 g carbo, 8 g fiber, 8 g pro.*





time for dinner

Days may be longer, but time is short. You can still satisfy big appetites every weeknight in under 30 minutes.

by MADISON MAYBERRY photos ANDY LYONS
recipes and food styling JILL LUST

fast! READY IN 30 MINUTES

1 pierogies with meat sauce

START TO FINISH 25 minutes
BUDGET $2.87 per serving

PIEROGIES WITH MEAT SAUCE

- 1 12.8-oz pkg. frozen potato-and-onion-filled pierogies
- 8 oz. uncooked chorizo sausage or bulk Italian sausage
- 1 pint red and/or yellow cherry tomatoes, halved
- 1 8-oz. can tomato sauce
- 4 oz. watercress (4 cups)

1. In Dutch oven cook pierogies in 4 cups lightly salted boiling water according to package directions. Drain and cover to keep warm.
2. Meanwhile, in 12-inch skillet brown sausage. Drain fat. Reserve *1/2 cup* tomatoes; add *remaining* tomatoes and tomato sauce to skillet. Cook, uncovered, 6 to 8 minutes or until tomatoes begin to soften.
3. Divide pierogies among plates; spoon on sauce. Top with reserved tomatoes and watercress. **SERVES 4.**

EACH SERVING *419 cal, 24 g fat, 54 mg chol, 1,331 mg sodium, 34 g carbo, 3 g fiber, 20 g pro.*

20,000 fun things to do with an empty juice carton.



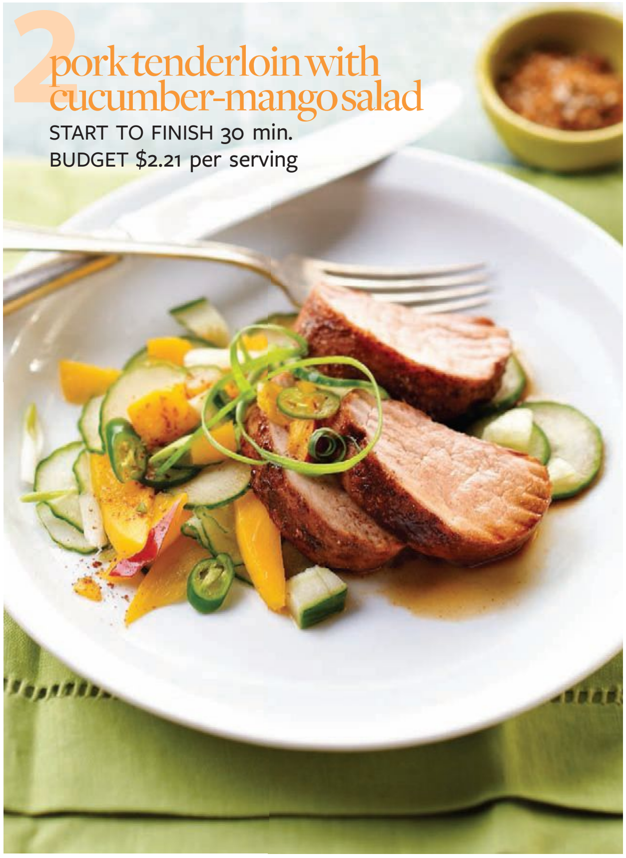
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PROMOTION ENDS 11/15/10. MUST BE RESIDENT OF THE 50 UNITED STATES OR D.C., 18 OR OLDER. Limit 1 account per person and 4 accounts per household. Savings offers may vary throughout the promotion and will require purchase. Sponsor reserves the right to change Points required to receive Rewards. Each Code may be used only once. Subject to additional terms and conditions at Tropicana.com. You may be required to submit proofs of purchase upon request.



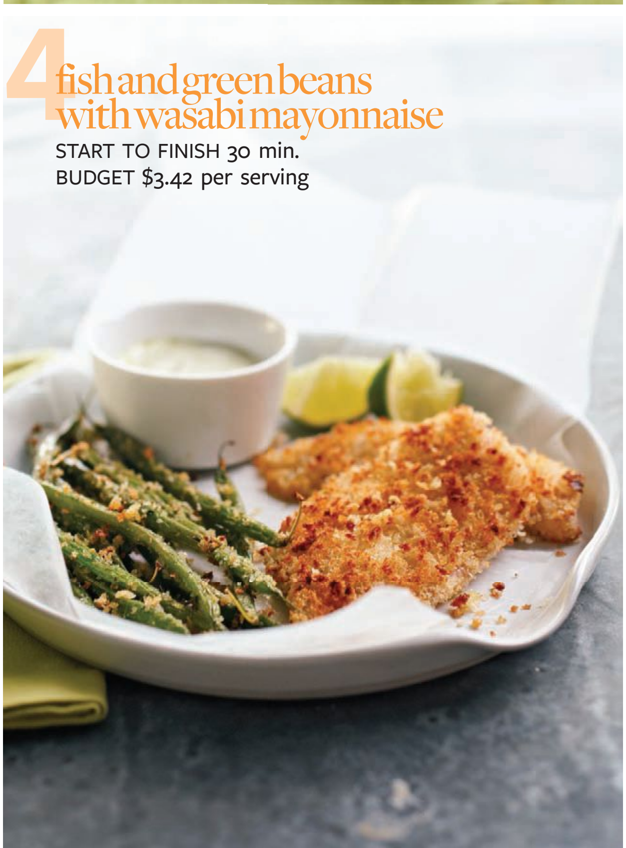
2 pork tenderloin with cucumber-mango salad

START TO FINISH 30 min.
BUDGET $2.21 per serving



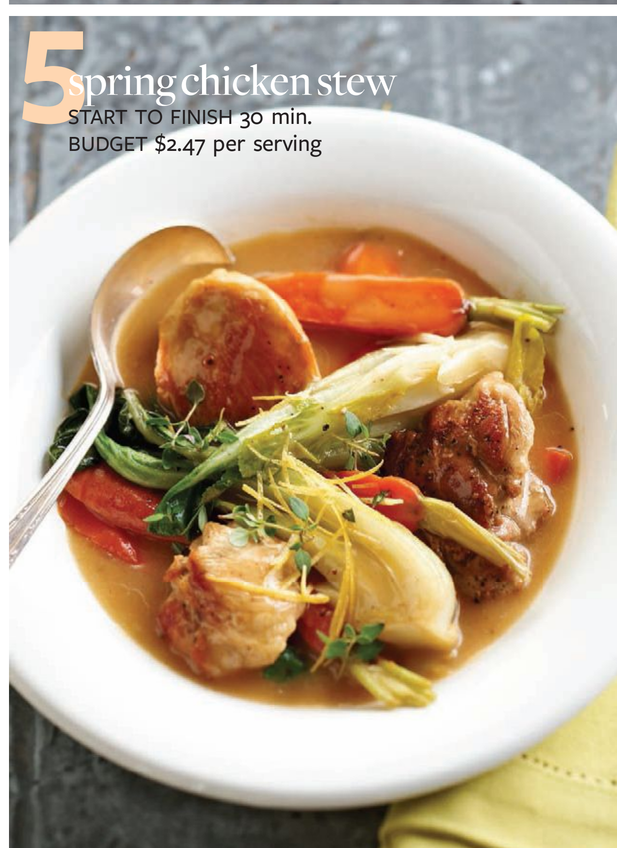
3 falafel patty melt

START TO FINISH 25 min.
BUDGET $1.55 per serving



4 fish and green beans with wasabi mayonnaise

START TO FINISH 30 min.
BUDGET $3.42 per serving



5 spring chicken stew

START TO FINISH 30 min.
BUDGET $2.47 per serving

FALAFEL PATTY MELT



- ½ cup frozen peas
- 1 16-oz. can garbanzo beans (chickpeas), rinsed and drained
- 1 medium carrot, shredded
- 2 Tbsp. all-purpose flour
- 2 Tbsp. olive oil
- 8 slices dilled Havarti cheese (4 to 6 oz.)
- 4 flatbreads or pita bread
- Romaine leaves and sliced tomato (optional)

1. Preheat oven to 400°F. Place peas in 1-quart microwave-safe dish. Cover and cook on 100% power (high) 2 minutes. In food processor bowl or with an immersion blender, puree garbanzo beans, carrot, flour, *1 Tbsp.* of the olive oil, 1/2 tsp. *pepper*, and 1/4 tsp. *salt*. Stir in peas. Form mixture into 8 patties.
2. Heat *remaining* oil in large nonstick skillet over medium-high heat. Add patties. Cook 2 to 3 minutes per side or until browned and heated through.
3. Meanwhile, place flatbreads on baking sheet. Place two slices of cheese atop each flatbread. Bake 5 minutes, or until cheese is melted. Place 2 patties on each flatbread; fold over. Cut in halves and serve with romaine and tomato. **SERVES 4.**
EACH SERVING *508 cal, 17 g fat, 21 mg chol, 1,006 mg sodium, 66 g carbo, 8 g fiber, 18 g pro.*

PORK TENDERLOIN WITH CUCUMBER-MANGO SALAD



- 2 Tbsp. packed brown sugar
- 2 tsp. five spice powder
- 1½ lb. pork tenderloin
- 4 green onions
- 1 mango, peeled, seeded, and chopped
- 1 small English cucumber, sliced and/or chopped
- 1 jalapeño pepper, seeded and sliced (optional)

1. Preheat oven to 425°F. In small bowl combine brown sugar, five spice powder, and 1/2 tsp. *salt*; set *1 tsp.* sugar mixture aside. Rub *remaining* sugar mixture into pork tenderloin. Place tenderloin in foil-lined baking pan.
2. Roast, uncovered, 20 minutes or until a meat thermometer registers 155°F. Cover with foil and let rest 5 minutes (meat temperature will rise to 160°F).
3. Meanwhile, slice the green portion of green onions into thin strips; chop the white portion. In medium mixing bowl combine green onion, mango, cucumber, jalapeño pepper, and the reserved brown sugar mixture.
4. Slice pork and serve with mango salad. **SERVES 4.**
EACH SERVING *258 cal, 3 g fat, 110 mg chol, 370 mg sodium, 19 g carbo, 2 g fiber, 37 g pro.*

SPRING CHICKEN STEW



- 1 lemon
- 1¼ lb. skinless, boneless chicken thighs
- Salt and ground black pepper
- 1 Tbsp. olive oil
- 8 oz. baby carrots with tops, scrubbed, trimmed, and halved lengthwise
- 1 12-oz. jar chicken gravy
- 1 Tbsp. Dijon-style mustard
- 2 heads baby bok choy, quartered
- Fresh lemon thyme (optional)

1. Finely shred peel from lemon; set peel aside. Juice lemon and set juice aside. Season chicken lightly with salt and pepper.
2. In Dutch oven heat olive oil over medium-high heat; add chicken. Cook 2 to 3 minutes or until chicken is browned, turning occasionally.
3. Add carrots, gravy, and 1 1/2 cups *water* to Dutch oven. Stir in mustard. Bring to boiling. Place bok choy on top. Reduce heat. Cover and simmer 10 minutes or until chicken is done and vegetables are just tender. Add lemon juice to taste.
4. Ladle into bowls. Top with lemon peel and lemon thyme.
SERVES 4.
EACH SERVING *273 cal, 12 g fat, 117 mg chol, 909 mg sodium, 13 g carbo, 3 g fiber, 31 g pro.*

FISH AND GREEN BEANS WITH WASABI MAYONNAISE



- 1 lime
- 1 to 3 tsp. wasabi paste
- ⅓ cup mayonnaise
- 1 to 1½ lb. firm white fish fillets, ½ inch thick, rinsed and dried
- 1 cup panko (Japanese-style bread crumbs)
- 12 oz. tender young green beans, cooked

1. Preheat oven to 450°F. Coat baking pan with *nonstick cooking spray*; set aside. Shred peel and juice 1/2 the lime; cut remaining into wedges. Stir together juice, peel, wasabi paste, and mayonnaise. Transfer *1 Tbsp.* wasabi mayonnaise mixture to bowl. Cover and refrigerate *remaining*.
2. Sprinkle fish with *salt*. Place fish in baking pan. Coat with the *1 Tbsp.* wasabi mayonnaise, then *3/4 cup* panko. Drizzle with 1 Tbsp. *melted butter*. Bake on middle oven rack 20 minutes or until fish flakes easily with a fork.
3. Remove fish from pan. Toss beans with the panko that remains in baking pan. Sprinkle with *1/4 cup* panko. Serve with *remaining* wasabi mayonnaise and lime wedges.
SERVES 4.
EACH SERVING *349 cal, 19 g fat, 56 mg chol, 384 mg sodium, 18 g carbo, 4 g fiber, 26 g pro.*

Plan meals using Everyday Easy recipes at BHG.com/mealideas


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SCOTT PEACOCK'S

chocolate meringue pie

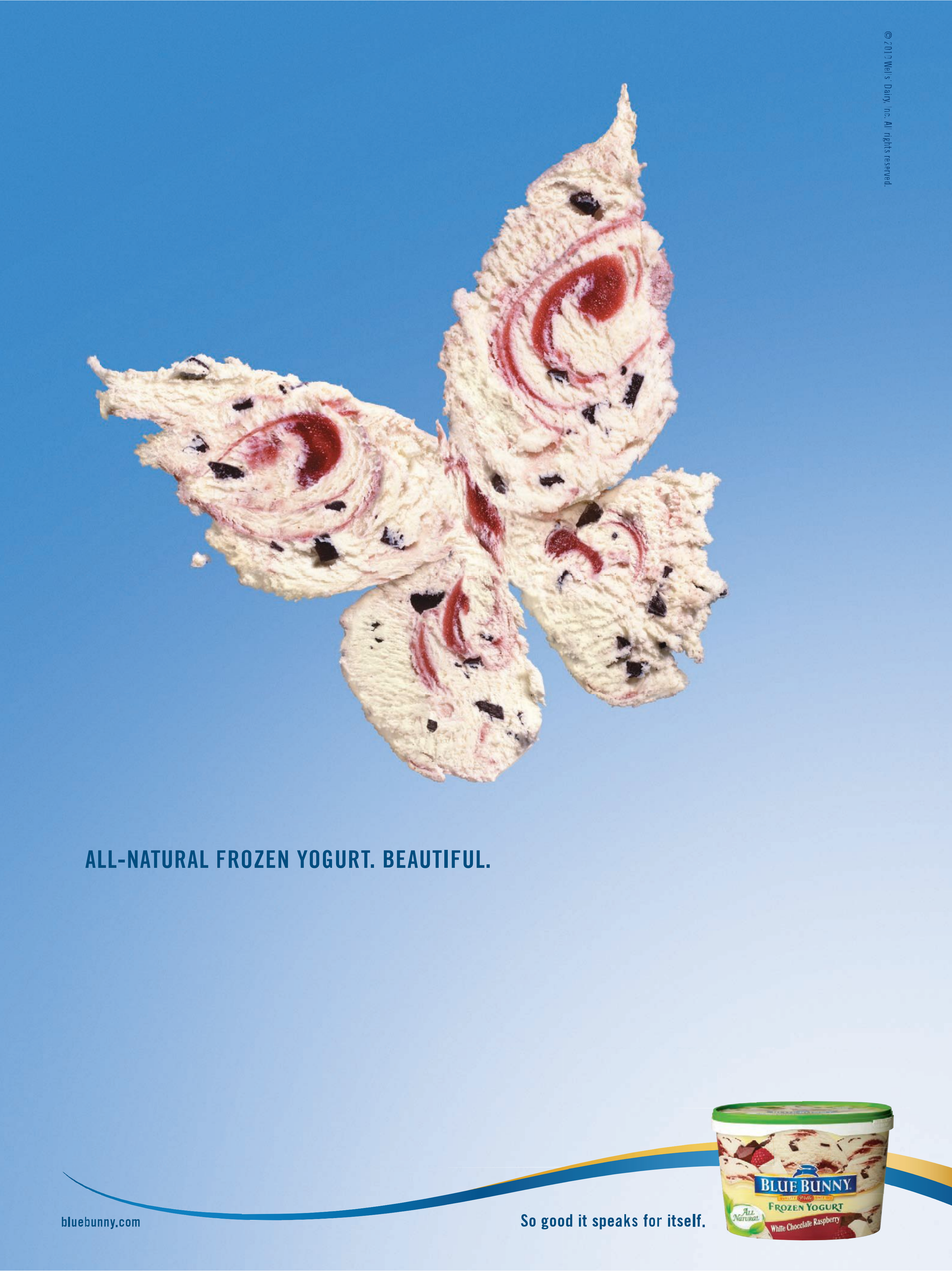
by RICHARD SWEARINGER
produced by NANCY WALL HOPKINS and SCOTT PEACOCK photos ANDY LYONS
recipe SCOTT PEACOCK
food styling JILL LUST



WHIP UP THE CREAMY MERINGUE AND SILKY CUSTARD FOR THIS PIE—AND BECOME A BETTER COOK WHILE YOU'RE AT IT.

"Those two techniques open up a world of great eating," says Chef Scott Peacock. "Whipped egg whites are used in souffles, angel food cake, and all kinds of desserts. Custard is delicious in parfaits, tarts, and cakes, and it's handy when your heart cries out for a bowl of pudding."

The key to a great meringue is beating by hand. It may seem old-fashioned, but the little investment of work has big rewards and takes just 3 or 4 minutes longer. "It's satisfying to create something completely by hand," says Scott. "Not only that, but you get more volume, and there's less risk of overbeating."



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BLUE BUNNY
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All Natural
White Chocolate Raspberry

the ideal chocolate pie

CHOCOLATEY AND BEAUTIFUL, IT WILL BE THE TALK OF THE POTLUCK. SERVE IT AS DESSERT OR A LUXURIOUS AFTERNOON REWARD.



INGREDIENTS

1 9-inch Baked Pastry Shell*

FILLING

- 3 eggs
- 3 cups milk
- 1 cup granulated sugar
- ⅓ cup all-purpose flour
- 2 Tbsp. unsweetened cocoa powder
- ½ tsp. kosher salt
- 3 oz. unsweetened chocolate, finely chopped
- 3 Tbsp. unsalted butter
- 2 tsp. vanilla

MERINGUE

- ½ tsp. vanilla
- ¼ tsp. cream of tartar
- ¼ tsp. kosher salt
- 6 Tbsp. superfine granulated sugar

*For Scott's pie pastry recipe, go to *BHG.com/americanclassics/piepastry.*



BEFORE YOU START "The secret to this dessert is to have your ingredients measured and ready," Scott says. "It makes the process move along quickly." Prepare your favorite baked pastry shell. Cool on wire rack. Separate egg yolks from whites. Preheat oven to 350°F.

MAKE CUSTARD In a medium saucepan over medium heat, bring 2½ cups of the milk almost to simmering (watch closely so milk doesn't boil). Meanwhile, in a medium bowl, with a 12-inch or larger balloon whisk, stir remaining ½ cup milk into the 3 egg yolks. In a second bowl combine 1 cup sugar, the flour, cocoa powder, and ½ teaspoon kosher salt; whisk in egg yolk mixture until smooth. Gradually whisk in hot milk; return the mixture to saucepan.



BRING TO BOILING Over medium-high heat cook and stir mixture until it comes to a full boil. "You want large bubbles from the middle," says Scott. "And while you're whisking be sure to get the whisk into the corners and sweep the bottom so you won't have to worry about scorching—which would require starting over." Boil for 30 seconds and remove from heat. **FILL PIE SHELL** Whisk in chocolate and butter until melted and smooth. Stir in 2 teaspoons vanilla. Strain mixture through a sieve, pushing it through with a spatula as needed. "There's a good chance there will be tiny pieces of cooked egg in your custard," Scott says. "Straining them out is a small, easy step that makes a big difference."


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PREPARE EGG WHITES Wash both bowl and whisk. "Dry them with a clean towel," Scott says. "Any grease is going to give you trouble in a big way." Set whites—in bowl—over bowl of hot (110°F) water. "You'll get more volume," Scott says. "Five minutes should do it."
COMBINE INGREDIENTS In a large bowl, with 12-inch or larger wire whisk, beat egg whites slowly until foamy. Whisk in the ½ teaspoon vanilla, the cream of tartar, and ¼ teaspoon kosher salt until well blended.





WHISK TO PEAKS "This is the step when whisking by hand pays off," Scott says. "It puts you in control of the meringue. But you can also use an electric mixer on medium-high speed." Keeping your elbow firmly against your side, whisk rapidly until whites begin to mound. "Move only your wrist," Scott says, "otherwise you'll be exhausted before the meringue is done." Whisk in superfine sugar, 2 tablespoons at a time, sprinkling the sugar over the whole bowl. Continue to whisk until whites are moist, glossy, and do not slide when bowl is inverted. "As you gain experience, you'll go faster," says Scott, "but the first few times, plan on 7 or 8 minutes." Tips of whites should curl over slightly when whisk is lifted from bowl.




COVER WITH MERINGUE Turn meringue out all at once on top of hot pie filling. With spatula spread meringue from center to edges making sure meringue seals to crust all the way around. "That will help keep the meringue from shrinking away from the edge," Scott says. Bake 15 minutes at 350°F or until top is golden. "Watch the meringue carefully," Scott says. "Ovens vary, and if you overbake, the meringue can weep." Cool on wire rack for 1 hour. Refrigerate at least 2 hours before serving. Store leftovers in refrigerator. **MAKES 8 SERVINGS. EACH SERVING** *539 cal, 26 g fat, 140 mg chol, 444 mg sodium, 68 g carbo, 3 g fiber, 11 g pro.*

Learn more; watch Scott demonstrate this recipe—and his other American Classics—at *bettertv.com*. For additional step-by-step photos for this and his other recipes log on to *BHG.com/americanclassics.*



Easy Chicken & Cheese Enchiladas

Prep: 10 min. Bake: 40 min. Makes: 6 servings

1 can (10 ¾ oz.) Campbell's® Condensed Cream of Chicken Soup (Regular, 98% Fat Free **or** Healthy Request®)
½ cup sour cream
1 cup Pace® Picante Sauce
2 tsp. chili powder
2 cups chopped cooked chicken
½ cup shredded Monterey Jack cheese
6 flour tortillas (6"), warmed
1 small tomato, chopped
1 green onion, sliced

1. Stir the soup, sour cream, picante sauce and chili powder in a medium bowl.
2. Stir **1 cup** picante sauce mixture, chicken and cheese in large bowl.
3. Divide chicken mixture among tortillas. Roll up the tortillas and place seamside up in 2-qt. shallow baking dish. Pour remaining picante sauce mixture over filled tortillas. Cover baking dish.
4. Bake at 350°F. for 40 min. or until enchiladas are hot and bubbling. Top with tomato and onion.

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FRESH-PICKED
carrots

HOW TO BUY Look for straight, rigid, brightly colored carrots without cracks or dry spots. If tops are attached, they should be green and fresh-looking. (To order colorful baby carrots such as these, go to *diamondorganics.com.*)

HOW TO STORE Remove green tops after buying since they pull vitamins and moisture from the carrot; use the greens within a few days. Refrigerate carrots in plastic bags for up to two weeks. Avoid storing near apples, which emit ethylene gas and make carrots bitter.

HOW TO EAT The leafy tops have a strong parsley-like flavor; add to stir-fries, soups, or salads. Add one or two chopped carrots to tomato sauces for natural sweetness. Sauté small baby varieties in butter with a bit of honey and salt.

COLOR CLUES The bold pigments in carrots indicate they're chock-full of antioxidants and vitamins like beta-carotene (the familiar orange ones) and lycopene (less common reddish-purple varieties). There's no difference in taste.

better cook

TOOLS & TIPS FOR EVERYONE WHO LOVES TO EAT

produced by MAGGIE MEYER, ERIN SIMPSON, and MADISON MAYBERRY

PHOTO: ANDY LYONS



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Paddle Whisk This whisk doubles as a spatula, with flat silicon-coated wires that scrape the bottom and sides of the bowl or pan while whisking.

WHAT WE LIKE It won't scratch nonstick surfaces, is heat-resistant to 525°F for stirring in hot pans, and can go straight into the dishwasher. Cuisipro Shape Paddle Whisk, $16; *cuisipro.com*



NEW WAYS WITH chickpeas



Chickpeas (aka garbanzo beans) add quick, nutty-tasting protein to a variety of dishes.

SALT & PEPPER CHICKPEAS

For a snack, toss a well-drained 15-oz. can of chickpeas with a tablespoon of canola oil and spread in a single layer on a baking sheet. Sprinkle with salt and a hefty pinch of black pepper. Roast 25 minutes at 400°F or until crisp, shaking pan to toss peas halfway through. Cool and enjoy.

CUCUMBER BRUSCHETTA

Mash chickpeas with a fork. Stir in a few drops of olive oil and the juice from one small lemon. Slather on cucumber slices and top with tomatoes and chopped basil or dill.

SPICED CHICKPEA COUSCOUS

Sauté a handful of shredded or sliced carrots and onions until tender. Stir in a can of drained chickpeas and a quarter cup of golden raisins. Season with cumin, garlic, and crushed red pepper flakes. Serve over couscous.



TIME-SAVER

Homemade croutons make any salad special. To have at the ready, cut bread into cubes and toss with olive oil, salt, and dried herbs. Bake at 375°F for 15 minutes. Freeze in a zip-top bag for up to 3 months.

Better Homes and Gardens
EASY APPETIZER CHALLENGE

Win up to $2,500 in our *Better Homes and Gardens Easy Appetizer Challenge*. Enter your best original appetizer recipe that's ready in 45 minutes start-to-finish and contains fewer than 8 ingredients. The Grand Prize Winner will receive $2,500, and one Sponsor Winner will receive $1,500. For more information see *page 236*, or go to *BHG.com/appetizers*.



COOK'S TIP

Use a box grater to quickly soften frozen sticks of butter. Grating butter into shreds speeds up warming, leaving you with room-temperature butter in no time. Both salted and unsalted butter can be frozen for up to 6 months.

PHOTOS: BLAINE MOATS; FOOD STYLING: GREG LUNA



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IN A PINCH

"I freeze leftover coffee and tea in ice cube trays. Even when the cubes melt, iced coffee and tea drinks don't get watered down."

NANCY HOPKINS, DEPUTY FOOD EDITOR, *BETTER HOMES AND GARDENS*

site-seeing

THREEMANYCOOKS.COM Cookbook author Pam Anderson invites readers to take a virtual seat at her kitchen table. Pam and her two daughters, Sharon and Maggy, dish out delicious recipes and stories about food, family, and adventures that take place in their favorite room—the kitchen. "Three Many Cooks is a conversation at the intersection of food and life," says Pam. "When readers jump in, it's a lot of fun. And that's our goal, to host dialogue and bring more cooks of all ages to the party."



meet the mixer

Tanner O'Dell created the "Teens of Mixing Bowl" group on *mixingbowl.com*, our social networking site for foodies. "For party food on a budget, nothing beats toasted baguette slices," says Tanner. "I minimize hands-on time by providing toppings like roasted tomatoes, pesto, and flavored olive oils for guests to mix and match." Find Tanner's recipes at *mixingbowl.com/user/tannerodell.*

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better finds

Punch Pizza, Minneapolis/St. Paul

At all seven Twin Cities locations, Punch makes pizzas as they do in Naples, with homemade sauce, fresh mozzarella, and a top-secret dough cooked in an 800°F wood-burning brick oven. Punch co-owner John Puckett cheers on home cooks aspiring to make pizza: "Don't be afraid to experiment with fresh spices and a variety of meats and unique vegetables." Punch Neapolitan Pizza, *punchpizza.com*

86%

of BHG readers say they are always looking for ways to add new flavor to foods.

Recipes like Zucchini-Wrapped Pork, *page 172*, prove it doesn't take a lot of time to add fresh, creative flavor to weeknight meals.

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GO-TO RECIPE
RED POTATO SALAD WITH MUSTARD DRESSING

We've listed a range of vegetables to choose from, so you can build the salad to your liking.

PREP: 45 MIN. ROAST: 30 MIN. CHILL: 6 HRS. OVEN: 425°F

- 3 lbs. small round red potatoes, scrubbed and cut in thin wedges
- 2 Tbsp. olive oil
- 1 recipe Mustard Dressing, *below*
- Watercress, spinach, or salad greens
- ½ of a red onion, cut in thin wedges
- 3 to 4 cups sliced vegetables such as carrots, fennel, and/or celery
- 1 to 2 pints yellow or red cherry tomatoes, whole or halved

1. Preheat oven to 425°F. Toss potatoes with 2 Tbsp. olive oil. Divide evenly among two well-greased 15×10×1-inch baking pans or shallow roasting pans. Sprinkle with *salt* and *pepper*. Roast, uncovered, for 30 minutes, or until tender and browned, turning once with metal spatula. Cool slightly; transfer to large bowl.

2. Meanwhile, prepare Mustard Dressing. Gently toss about ¼ cup of the dressing with potatoes. Transfer remaining dressing to small jar or pitcher for serving. Cover and refrigerate potatoes and remaining dressing for 6 to 24 hours. Let potatoes stand at room temperature for 30 minutes before serving. To serve, arrange potatoes with remaining ingredients as directed, *right*. **MAKES 12 SERVINGS.**

MUSTARD DRESSING In blender combine ⅔ cup *white wine vinegar,* ⅔ cup *olive oil,* ½ cup light or regular *mayonnaise,* ¼ cup *hot mustard* or *stone-ground mustard,* ½ tsp. *salt,* and ¼ tsp. *pepper.* Process until blended.

> MOTHER'S DAY: PLATED SALAD

Prepare as directed in go-to recipe. Arrange potatoes, watercress, onion, vegetables, and tomatoes on plates. Pass Mustard Dressing.

> GRADUATION: LAYERED SALAD

Prepare as directed in go-to recipe, except after removing some of the dressing to toss with potatoes, add an additional cup of *mayonnaise* to blender; blend until smooth. Transfer to bowl; cover and refrigerate. Layer spinach in bottom of a large straight-sided clear glass cylinder or jar (about 1 ½ gallons). Top with a layer of potatoes, the onion, 2 cups of the vegetables, 1 to 2 pints of cherry tomatoes, and remaining 1 to 2 cups vegetables. Spoon on half of the dressing. Serve at once or cover and refrigerate overnight. Top with fennel fronds. Pass remaining dressing.

> MEMORIAL DAY: CHOPPED SALAD

Prepare as directed in go-to recipe. Coarsely chop roasted potatoes, onion, and sliced vegetables. Toss with greens, tomatoes, and some of the dressing. Serve in individual cups with remaining dressing on the side.

EACH SERVING (Mother's Day/Memorial Day) *280 cal, 18 g fat, 4 mg chol, 426 mg sodium, 26 g carbo, 4 g fiber, 4 g pro.* **(Graduation)** *354 cal, 25 g fat, 11 mg chol, 569 mg sodium, 30 g carbo, 5 g fiber, 4 g pro.*

do-ahead tip

POTATO SALAD Make the dressing up to 3 days ahead of time. Roast the potatoes and slice the vegetables (except the fennel which will discolor) up to 1 day ahead.

get the look>



MOTHER'S DAY This dinner is all about Mom. Place cards that say nice things about her are sure to make her feel loved. Start with 4 x 5 note cards. Close the cards and punch hole in top corner of each. Thread ribbon through holes and attach tags with guests' names. A mini bud vase with Mom's favorite flower keeps the cards standing up.



GRADUATION Homemade pennants in school colors are easy to pull off with scrapbooking paper. Use a computer to type the school's initials on the paper, or draw on by hand with a large stencil. Cut into triangles. Punch holes in the top two corners of each triangle and thread ribbon through to create a banner. Put remaining or additional ribbon to use as napkin holders.



MEMORIAL DAY For a festive touch add little flags to top of the sliders. Cut a ribbon into 4-inch pieces. Fold around hors d'oeuvre picks or toothpicks and glue. Snip the ends with pinking shears or trim as desired with scissors. To serve the pickled green beans use little paper cups from a party or craft supply store.



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GO-TO RECIPE

HERB-GARLIC BEEF TENDERLOIN

Look for a tenderloin that has been peeled—a term meaning that the chain of fat-covered meat and connective tissue running along the side of the tenderloin has been removed. It may cost more per pound, but you'll be getting all usable meat and saving the time and hassle of trimming it.

PREP: 25 MIN. ROAST: 35 MIN. STAND: 15 MIN. OVEN: 425°F

- 1 recipe Sweet Pepper Sauce, *page 199*
- 1 4- to 5-lb. beef tenderloin roast
- 4 cloves garlic, minced
- 1½ tsp. salt
- 1¼ tsp. coarsely ground black pepper
- 1 tsp. dried oregano

1. Preheat oven to 425°F. Prepare Sweet Pepper Sauce; set aside. Trim any fat and silver skin (thin pearlescent membrane running along top of tenderloin) from tenderloin. Sprinkle garlic over tenderloin. For rub, in a small bowl combine salt, black pepper, and oregano. Sprinkle evenly over tenderloin; rub in with your fingers.
2. Place tenderloin on rack in shallow roasting pan. Roast, uncovered, for 35 to 40 minutes for medium-rare (135°F) or 45 to 50 minutes for medium (150°F). Transfer meat to a platter. Cover loosely with foil and let stand 15 minutes before slicing. (Temperature of meat will rise 10° more while standing.) **MAKES 12 SERVINGS + LEFTOVERS.**

do-ahead tip

BEEF TENDERLOIN On Mother's Day it's the star of the show, so make it the day of. Make it the day before for the pizza and sliders. The Yellow Sweet Pepper Sauce can be made up to 2 days in advance. Toppings for the pizzas can be chopped the day before.

> MOTHER'S DAY: WITH ROASTED MUSHROOMS Prepare as directed in go-to recipe. While roasted tenderloin stands, prepare mushrooms. Toss 1 lb. of halved *mixed mushrooms* with 2 Tbsp. *olive oil*. Sprinkle with *salt* and *pepper*. Spread in shallow baking pan. Roast at 425°F for 15 minutes. Add to platter with tenderloin. Sprinkle with fresh *oregano or thyme*. Pass Sweet Pepper Sauce.

> GRADUATION: PIZZA Prepare as directed in go-to recipe. Thinly slice the roasted tenderloin. Preheat oven to 425°F. Spread Sweet Pepper Sauce on top of 4 to 6 thin 12-inch *Italian bread shells* (Boboli) or flatbread. Top each with tenderloin slices and toppings such as sliced *mushrooms*, sliced *sweet peppers*, halved *cherry tomatoes, red onion wedges*, and/or *dried tomatoes*. Sprinkle each with 3 to 4 oz. *Swiss, dill Havarti, cheddar,* or *blue cheese*. Bake 8 minutes or until cheese is melted. Top with *fresh herbs* and shaved *Parmesan cheese*.

> MEMORIAL DAY: SLIDERS Prepare as directed in go-to recipe. Thinly slice tenderloin. Stir ¼ cup prepared *horseradish* into Sweet Pepper Sauce. Place tenderloin slices on split *cocktail buns* and top with sliced *radishes, watercress*, and the Sweet Pepper-Horseradish Sauce. Note: Plan on 2 sliders per person. There's enough tenderloin and sauce to make about 48. Assemble as many as you need.

EACH SERVING Mother's Day (3-oz. serving with sauce) *341 cal, 24 g fat, 74 mg chol, 472 mg sodium, 7 g carbo, 1 g fiber, 24 g pro.*
Graduation (2 slices) *526 cal, 26 g fat, 65 mg chol, 824 mg sodium, 42 g carbo, 3 g fiber, 28 g pro.*
Memorial Day (1 slider) *191 cal, 9 g fat, 26 mg chol, 299 mg sodium, 17 g carbo, 1 g fiber, 11 g pro.*

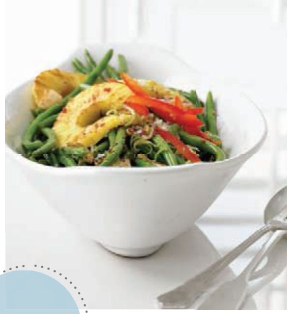

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SWEET PEPPER SAUCE

START TO FINISH: 50 MIN. OVEN: 425°F

- 4 yellow sweet peppers
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1 Tbsp. olive oil
- 1 Tbsp. white wine vinegar
- 1 tsp. sugar
- 1 tsp. snipped fresh thyme leaves
- 1 tsp. snipped fresh oregano leaves

1. Preheat oven to 425°F. Line a baking sheet with foil. Halve sweet peppers lengthwise. Remove stems, seeds, and veins. Place pepper halves, cut sides down, on prepared baking sheet. Roast 20 to 25 minutes or until lightly charred.
2. Bring foil up around peppers to enclose. Let stand about 15 minutes or until cool. Loosen edges of the skins with a small sharp knife; gently pull off skins in strips and discard. Place peppers in food processor or blender. Cover; process or blend until smooth.
3. In large skillet cook onion and garlic in hot olive oil over medium heat 4 minutes or until tender. Stir in pureed peppers, white wine vinegar, sugar, thyme, oregano, ½ tsp. *salt,* and ¼ tsp. *black pepper.* Bring to boiling. Reduce heat. Simmer, uncovered, 6 minutes or until thickened. Cool and refrigerate, covered, up to 2 days. Reheat over medium-low, stirring often.
MAKES 2 CUPS SAUCE.





GO-TO RECIPE

GREEN BEANS WITH PEPPERS

PREP: 20 MIN. COOK: 12 MIN.

- 2 lb. thin green beans
- 4 to 8 cloves garlic, thinly sliced
- ½ tsp. crushed red pepper
- 2 Tbsp. olive oil
- 1 small red sweet pepper, cut in thin strips
- 1 tsp. finely shredded lime peel
- 2 Tbsp. lime juice

1. In large Dutch oven bring salted water to boiling. Add beans. Return to boiling. Reduce heat; simmer, covered, 6 minutes. Drain and rinse under cold water to stop cooking; drain again. (Beans may be covered and refrigerated up to 24 hours.)
2. In 12-inch skillet (with ventilation fan on)* cook ½ of the garlic and ½ of the crushed red pepper in 1 Tbsp. hot olive oil over medium-high heat for 15 seconds. Add half the green beans and cook, stirring frequently, for 2 to 3 minutes or until heated through. Season with *salt.* Remove from skillet; repeat. Place all beans in serving dish. Add pepper strips to hot skillet and cook 2 to 3 minutes. Toss beans with lime peel and juice. Top with pepper strips.
*When heated, the crushed red pepper flakes release vapors that may burn the nose. For that reason, turn on the ventilation fan. **MAKES 12 SERVINGS.**

> MOTHER'S DAY: WITH SLICED PINEAPPLE Prepare recipe as directed in go-to recipe. After removing green beans and pepper strips, add ½ of a peeled, cored *pineapple,* cut in 6 or 7 slices, to hot skillet. Cook 4 minutes, turning once. Add to beans and peppers. **MAKES 12 SERVINGS.**

> GRADUATION: PASTA SALAD
Prepare as directed in go-to recipe except cut green beans in 2-inch lengths and chop sweet pepper, and do not toss with lime peel and juice. Cook 1 lb. *dried linguine* pasta according to package directions. Drain and rinse under cold water. In a bowl combine lime peel and juice with ½ cup *bottled Italian salad dressing.* Add pasta; toss to

coat. Pile on a serving platter. Top with green beans, peppers, 1/3 cup *halved pitted kalamata olives,* and 1/4 *cup toasted chopped walnuts.* Serve at once or refrigerate up to 24 hours.

> MEMORIAL DAY: QUICK-PICKLED
Prepare recipe as directed through step 1 in go-to recipe, adding 1 lb. *asparagus* and/or *snow peas* during the last 3 minutes of cooking. Drain; rinse under cold water. Place in serving container with red pepper and a thinly sliced *shallot.* In screw-top jar combine the 4 cloves of garlic, minced; the crushed red pepper; olive oil; lime peel; and lime juice with ½ cup *cider vinegar,* ¼ cup *sugar,* 2 tsp. snipped fresh *tarragon or dillweed,* 1 tsp. *each celery seed* and *dry mustard,* and *salt* to taste. Cover; shake well to combine. Pour over bean mixture; toss to coat. Serve at once or refrigerate up to 6 hours.

EACH SERVING (Mother's Day) *58 cal, 2 g fat, 0 mg chol, 102 mg sodium, 9 g carbo, 3 g fiber, 2 g pro.* **(Graduation)** *239 cal, 8 g fat, 0 mg chol, 308 mg sodium, 36 g carbo, 4 g fiber, 7 g pro.* **(Memorial Day)** *72 cal, 2 g fat, 0 mg chol, 103 mg sodium, 12 g carbo, 3 g fiber, 2 g pro.*

do-ahead tip

GREEN BEANS Prepare through step 1 the day before and sauté just before serving. The pasta salad will hold in the refrigerator for up to a day. The pickled green beans can be tossed together and chilled for up to 6 hours.







GO-TO RECIPE

BUTTERCAKES WITH SOUR CREAM FROSTING

For Mother's Day, the cupcakes are made extra special with a surprise strawberry jam center (see "Jam-Filled," right). The jam is optional for the Graduation and Memorial Day variations.

PREP: 45 MIN. BAKE: 15 MIN. COOL: 5 MIN. OVEN: 350°F

- 1 cup (2 sticks) butter, softened
- 1⅓ cup sugar
- 3 eggs
- 2 tsp. vanilla
- 2 cups all-purpose flour
- 2 tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. salt
- ⅔ cup buttermilk
- 1 Recipe Sour Cream Frosting, *below*

1. Preheat oven to 350°F. Line twenty-four 2½-inch muffin cups with paper bake cups.
2. In large mixing bowl beat butter with electric mixer on medium-high for about 1 minute. Add sugar. Beat until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in vanilla. Whisk together flour, baking powder, soda, and salt. Add flour mixture in two additions, alternating with buttermilk, and beating on low after each addition until combined.
3. Fill lined cups about ⅔ full. Bake 15 to 18 minutes or until a toothpick inserted in center comes out clean. Cool in pans on wire rack for 5 minutes. Remove cupcakes from pan; cool completely on wire rack.
4. Fill and/or frost as directed, *right.* After frosting, refrigerate for 2 to 24 hours.

SOUR CREAM FROSTING In large mixing bowl beat 1/2 cup (1 stick) *softened butter* with mixer 30 seconds; beat in one 8-oz. carton *sour cream.* Gradually beat in one 2-lb. bag *powdered sugar.* Beat in 1 tsp. *vanilla* and 1 Tbsp. *milk.* Use at once or refrigerate up to 3 days. Remove from refrigerator 30 minutes before using. Frost cupcakes with a knife, or spoon frosting into large self-sealing plastic bag. Snip one corner of bag and squeeze to pipe onto cupcakes.

> MOTHER'S DAY: JAM-FILLED
Prepare as directed in go-to recipe. Before frosting, with the handle of a wooden spoon, make an indentation in the center of each cupcake. Spoon or pipe a scant teaspoon of jam into each indentation. Frost with Sour Cream Frosting. Top with sugar flowers. (Find sugar flowers among baking ingredients at the grocery store, or at baking supply stores.)

> GRADUATION: HAT-TOPPED
Prepare as directed in go-to recipe. Pour nonpareils into a shallow dish. After frosting, roll edge of cupcakes in nonpareils to make colored rim, using your hands to help nonpareils stick to frosting if needed. For toppers, place 4 oz. semisweet chocolate in small microwave-safe bowl. Microcook 2 minutes, stirring every 30 seconds until melted. Dip small crackers such as Wheat Thins in melted chocolate. Immediately place on top of chocolate-covered cherry, and top with a mini M&M and fruit leather cut to resemble a tassel. Place cupcakes in covered container and refrigerate until set or up to 3 days.

> MEMORIAL DAY: SUNDAES
Stretch heavy-duty foil across a deep souffle dish. Cut about 10 holes in top to hold rolled sugar ice cream cones. Place cones upright in dish. Pipe or spoon batter into cones to fill ⅔ to ¾ full, making sure to get batter into the bottom of the cones. Bake 22 to 25 minutes or until top springs back when lightly touched. Top with sorbet, ice cream, nonpareils, whipped cream and a maraschino cherry.

EACH SERVING (Jam-filled cupcake + frosting) *397 cal, 15 g fat, 65 mg chol, 195 mg sodium, 63 g carbo, 1 g fiber, 4 g pro.*

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Perfect Pinch®

Garlic & Herb Lemon Chicken

Prep Time: 10 minutes   Cook Time: 20 minutes

1/4 cup flour
- 1 tbsp. **McCormick® Perfect Pinch® Garlic & Herb Seasoning**
- 1 lb. thinly sliced boneless skinless chicken breast halves
- 2 tbsp. oil

1 cup chicken broth
1 tbsp. lemon juice
1 tbsp. chopped fresh parsley

MIX flour and Seasoning in shallow dish. Reserve 1 tablespoon. Moisten chicken lightly with water. Coat evenly with remaining flour mixture.

HEAT oil in large nonstick skillet on medium heat. Add 1/2 of the chicken; cook 3 minutes per side or until golden brown. Repeat with remaining chicken, adding additional oil if needed. Remove chicken from skillet; keep warm.

MIX broth, lemon juice and reserved flour mixture. Add to skillet; bring to boil, stirring to release browned bits in skillet. Stirring frequently, cook 5 minutes or until sauce is slightly thickened. Spoon over chicken. Sprinkle with parsley.

Makes 4 servings.

For more great-tasting recipes, visit perfectpinch.com



food RECIPES

CUPCAKE CONES

These cute cupcake cones are easy to make. Line the top of a 2-quart souffle dish or tube pan with foil. Poke holes in foil and insert cones. Spoon or pipe in batter until cones are ⅔ to ¾ full. Bake as directed, *page 200*.



do-ahead tip

CUPCAKES Bake the cupcakes, fill with jam (if desired), and refrigerate up to a day ahead. Make the Graduation cupcake toppers up to 3 days ahead and refrigerate. The ice cream cone cupcakes should be baked the day of, so the cones don't get soggy. Top with ice cream or sorbet just before serving.

FROM *PAGE 24*

REFRESHING LEMON-BASIL ICE

PREP: 15 MIN. COOL: 50 MIN. FREEZE: 4 HR.

- 3 cups water
- 1 cup sugar
- ½ cup slivered fresh basil
- 2 tsp. finely shredded lemon peel
- 2 Tbsp. lemon juice

1. In medium saucepan bring water and sugar to boiling, stirring to dissolve sugar. Remove from heat; cool slightly (about 20 minutes). Add basil and let stand 30 minutes more. Pour through a fine mesh sieve; discard basil. Stir lemon peel and juice into syrup. Pour into a shallow baking dish. Cover; freeze 2 hours (edges should be firm and center almost firm).
2. Transfer mixture, half at a time, to blender. Cover; blend until slushy, stopping to scrape down sides as needed. Spoon back into dish, spreading evenly. Cover; freeze 2 hours more or until firm.
3. To serve, with a small ice cream scoop scrape across surface of mixture. Place scoops in small dishes. Top with *lemon slices, fresh mint leaves* and/or *edible flowers*. **MAKES 8 SERVINGS.**

EACH SERVING *49 cal, 0 g fat, 0 mg chol, 1 mg sodium, 13 g carbo, 0 g fiber, 0 g pro.*

Win Money

Enter your recipe to win money and prizes in our Prize Tested Recipes® Contest (*see page 205*).



Your original recipe could be worth up to $400. Winning recipes will be entered to win the 2010 annual Grand Prize—a selection of appliances from Frigidaire worth up to $10,000. Winner will choose from Frigidaire's new Professional line, including the washer and dryer, *right*. Enter your original (never before published) recipes in Prize Tested Recipes® contest, which features two new categories each month. Each month we publish four winning recipes (top two recipes in each category).

MONTHLY PRIZES

Two $400, two $200, ten $50 honor roll winners.

DECEMBER 2010 CATEGORIES

QUICK BREADS FOR GIVING Muffins, loaves, scones, and biscuits to share with family and friends are all included in this nifty homemade gift category. Make the breads extra special by adding herbs, spices, dried fruit, cheese, nuts, pesto, tapenade, chocolate, or jam to the dough or batter. Or feature a fruit or vegetable, such as banana, orange, apple, carrots, or onions, then venture out with a new flavor combination. Bake mini loaves or muffins, or make them jumbo size for gift giving.

CHEESEY APPETIZERS AND DIPS Cheese is a natural for the appetizer table and can be the start of a spread or dip to serve with crackers, toasts, or vegetables. Make an herb-cheese filling and stuff it into red sweet pepper wedges, hollowed-out tiny grape or cherry tomatoes, or miniature cream puffs. How about baking mini cheese tarts or wrapping wedges in pastry or phyllo dough layers before baking. Savory appetizer cheesecakes are another idea.

THIS MONTH'S WINNERS (*PAGES 205–206*)

$400 WINNERS Nicole Filizetti Grand Marais, MI; Heather Nagy, Pataskala, OH

$200 WINNERS Mary Lou Cook, Welches, OR; Arlene Metcalf, Chester, CA

$50 HONOR ROLL WINNERS Joy Glover, Williamsville, NY; Betty Holman, Dallas, TX; Susan Hudacek, Jackson, TN; Susan Jordan, Roseburg, OR; Lu Ann Kaldor, Fishkill, NY; Kelly Leonard, Longmont, CO; Ellen Linehan, Los Alamitos, CA; Katey Thoma, Almond, WI; Christine Whittlake, Milton-Freewater, OR; Lesley Woodruff, Newberg, OR

CONTEST DETAILS

Subject to Official Rules at BHG.com/recipe/memberRecipes. No purchase necessary. Open to legal U.S. residents, 14 years or older. Void where prohibited. Sponsor: Meredith Corp., Des Moines, Iowa.

ENTRY May contest begins 4/15/10. By mail, send entries to: 1210 Food Dept., Better Homes and Gardens® magazine, Des Moines, IA 50309-3023. Online, submit entry information in an e-mail to PTR@meredith.com. E-mail entries must be received by 11:59 p.m., CT, 5/24/10. Mail entries must be postmarked by 5/24/10 and received by 5/31/10.

ENTRY INFORMATION For each Category entered, create your original recipe. Multiple entries are allowed, but each recipe must be submitted as a separate entry and each entry must meet the following requirements:

- A recipe may be submitted in each of the two monthly Categories. Write or type on each entry the Category you wish to enter. Each recipe may only be submitted for judging in one Category. Multiple entries may be submitted in the same envelope.
- Recipe entries must be original, and cannot have been previously published, won another competition or contest, or been used for advertising or promotional purposes.
- Entry must: (1) include recipe name and number of servings the recipe yields, (2) use ingredients that are available in most grocery stores, (3) list ingredients with measurements in order of use, (4) include step-by-step preparation and cooking directions, and (5) include entrant name, age, complete address with ZIP Code, and telephone number with area code; e-mail address is optional.



Mary Goldstein is not your typical Italian restauranteur. She simply pours new Bertolli® Arrabbiata Sauce with its juicy tomatoes, spicy red peppers and pure olive oil over baked chicken for a restaurant-worthy meal at home in no time. Bravo Maria!

For your own menu of ideas visit BertolliRistorante.com.

BERTOLLI DAL 1865 **Italy is served.**



GREEK SPINACH VEGGIE BURGERS

- ¼ cup olive oil
- 1 clove garlic, minced
- 1 tsp. dried oregano
- 1 tsp. dried dillweed
- 1 cup herb-seasoned stuffing mix
- 2 eggs, lightly beaten
- 1 10-oz. pkg. frozen chopped spinach, thawed and well drained
- ½ cup feta cheese, crumbled (2 oz.)
- 4 whole wheat hamburger buns, split and toasted
- Toppers such as crumbled feta cheese, plain yogurt, sliced roasted red peppers, and/or sliced red onion (optional)

1. In medium bowl combine oil, garlic, oregano, dillweed, and ¼ tsp. *black pepper*. Stir in stuffing mix to coat thoroughly. Stir in eggs, spinach, and ½ cup feta cheese; mix well. Shape into four ½-inch-thick patties.
2. Heat a griddle or large nonstick skillet over medium heat. Add patties. Cook for 3 to 4 minutes per side or until browned and heated through.
3. Serve in buns with assorted toppers.
MAKES 4 SERVINGS.



CARAMEL APPLE BARS

- 1 cup smooth peanut butter
- ¾ cup caramel-flavored ice cream topping
- 3 Tbsp. packed brown sugar
- 3 cups apple-cinnamon-flavored round toasted oat cereal (Cheerios)
- 1 cup coarsely chopped dried apples
- ½ cup salted peanuts, coarsely chopped

1. Line an 8×8×2-inch baking pan with foil, extending foil up over edges of pan. Butter the foil. In a large saucepan combine *¾ cup* of the peanut butter, *½ cup* of the ice cream topping, and the brown sugar. Cook and stir over medium heat just until mixture starts to bubble. Remove from heat. Add cereal and apples; stir gently to coat. Transfer to prepared pan; press firmly into pan.
2. In a small bowl stir together *remaining* ¼ cup peanut butter and ¼ cup ice cream topping. Spread evenly over bars and sprinkle with peanuts, pressing lightly. Let bars stand 1 hour to set. Use foil to lift from pan. Cut into bars.
MAKES 16 BARS.

PRIZE TESTED RECIPES® CONTEST DETAILS *SEE PAGE 203*



PRIZE TESTED RECIPES® $200 WINNER
Arlene Metcalf, CHESTER, CA
CEREAL COOKIES AND BARS CATEGORY, MAY 2010

CRANBERRY CRUNCH COOKIES

- 2 cups all-purpose flour
- 1 tsp. baking powder
- ½ tsp. ground cinnamon
- ¼ tsp. salt
- 1 cup butter, softened
- ¾ cup packed brown sugar
- ¼ cup granulated sugar
- 2 eggs
- 1 tsp. vanilla
- 1 13-oz. pkg. whole grain cereal flakes with cranberries and almonds (such as Post Selects Cranberry Almond Crunch)

1. Preheat oven to 350°F. In small bowl combine flour, baking powder, cinnamon, and salt; set aside.
2. In large mixing bowl beat butter with an electric mixer on medium to high speed for 30 seconds. Beat in brown sugar and granulated sugar until well combined, scraping sides of bowl occasionally. Beat in eggs and vanilla until combined. Gradually beat in flour mixture until well combined. Stir in cereal (dough will be thick and chunky).
3. Drop dough by well-rounded teaspoons onto ungreased cookie sheet. Bake 8 to 10 minutes or until golden. Transfer cookies to wire rack to cool. **MAKES ABOUT 4 DOZEN COOKIES.**



photos BLAINE MOATS food styling GREG LUNA



PRIZE TESTED RECIPES® $200 WINNER
Mary Lou Cook, WELCHES, OR
VEGGIE BURGERS CATEGORY, MAY 2010

SOUTHERN-STYLE VEGGIE SLIDERS

- 2 15- to 16-oz. cans black-eyed peas, rinsed and drained
- 1 egg, lightly beaten
- ½ cup finely chopped red sweet pepper
- ¼ cup fine dry bread crumbs
- ¼ cup finely chopped celery
- 3 green onions, finely chopped
- ½ tsp. garlic salt
- 2 Tbsp. olive oil
- ½ cup mayonnaise
- 1 tsp. Cajun seasoning
- 12 soft dinner rolls, split and toasted
- Lettuce leaves

1. In large bowl mash black-eyed peas with a potato masher. Add egg, sweet pepper, bread crumbs, celery, green onions, and garlic salt; mix well. Shape bean mixture into twelve ½-inch-thick patties about 3 inches in diameter.
2. In large skillet heat *1 Tbsp.* of the oil over medium heat. Add half of the patties to the hot oil. Cook 8 minutes or until lightly browned and heated through, turning once. Remove and keep warm. Repeat with remaining oil and patties.
3. In small bowl stir together mayonnaise and Cajun seasoning. Spread cut side of each roll with the mayonnaise mixture. Place a burger on bottom half of each roll; top with lettuce and add roll top. **MAKES 12 SLIDERS (6 SERVINGS).**


"My migraines are so excruciating I just want to take my head off."
TREXIMET IS SUPERIOR TO THE INGREDIENT IN IMITREX® TABLETS AT RELIEVING MIGRAINE PAIN.
Only TREXIMET combines these two medicines in one tablet:
1 IMITREX (sumatriptan)
TREXIMET
2 Prescription-strength naproxen sodium (an NSAID)
ASK YOUR DOCTOR ABOUT TREXIMET—Get up to $50* off your first prescription and save up to $25* on your next refill at treximet.com or call 1-877-TREXIMET.
Prescription TREXIMET is for the acute treatment of migraine attacks in adults.
Results may vary.
IMPORTANT SAFETY INFORMATION ABOUT TREXIMET
TREXIMET may increase the risk of heart attack, stroke, serious stomach and intestinal problems such as bleeding and ulcers, and serious rash that may be fatal and occur without warning. Risk of stomach and intestinal problems increases in the elderly.
Do not take TREXIMET if you have a history of heart or liver disease, stroke, TIAs, problems with blood circulation, uncontrolled blood pressure, or allergic reaction to aspirin, NSAIDs, or sumatriptan (Imitrex); or right before or after heart surgery called coronary artery bypass graft (CABG).
Talk to your doctor before taking TREXIMET if you have risk factors for heart disease, like smoking, diabetes, and high blood pressure; stomach ulcers or bleeding; chest pain, shortness of breath, irregular heartbeats; kidney problems; are pregnant, nursing, or thinking about becoming pregnant; or taking medications, especially pain relievers or antidepressants. Serotonin syndrome, a life-threatening problem, may occur with TREXIMET, especially if used with antidepressants called SSRIs or SNRIs. Do not take TREXIMET if you have taken an MAOI antidepressant within the last 2 weeks.
Please see important information about TREXIMET on the next page.
*Subject to eligibility. Restrictions apply.
TREXIMET tablets contain 85 mg sumatriptan and 500 mg naproxen sodium.
You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.
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If you don't have prescription coverage and can't afford your medicines, visit GSKforYou.com or call 1-866-GSK-FOR-U (1-866-475-3678)
Treximet®
sumatriptan/naproxen sodium

MEDICATION GUIDE
TREXIMET® *[trex' i-met]* Tablets
(sumatriptan and naproxen sodium)

What is the most important information I should know about TREXIMET?

TREXIMET, which contains sumatriptan and naproxen sodium [a nonsteroidal anti-inflammatory drug (NSAID)], may increase the chance of a heart attack or stroke that can lead to death. This chance increases:
- with longer use of NSAID medicines
- in people who have heart disease.

NSAID-containing medicines, such as TREXIMET, should never be used right before or after a heart surgery called a coronary artery bypass graft (CABG).

NSAID-containing medicines, such as TREXIMET, can cause ulcers and bleeding in the stomach and intestines at any time during treatment. Ulcers and bleeding:
- can happen without warning symptoms
- may cause death.

The chance of a person getting an ulcer or bleeding increases with:
- the use of medicines called steroid hormones (corticosteroids) and blood thinners (anticoagulants)
- longer use
- more frequent use
- smoking
- drinking alcohol
- older age
- having poor health.

TREXIMET is not recommended for people with risk factors for heart disease unless a heart exam is done and shows no problems.

The risk factors for heart disease include:
- high blood pressure
- high cholesterol levels
- smoking
- obesity
- diabetes
- family history of heart disease
- female who has gone through menopause
- male over age 40.

"Serotonin syndrome" is a serious and life-threatening problem that may occur with TREXIMET, especially if used with antidepressant medicines called selective serotonin reuptake inhibitors (SSRIs) or selective norepinephrine reuptake inhibitors (SNRIs).

Commonly used SSRIs are:
- CELEXA® (citalopram HBr)
- LEXAPRO® (escitalopram oxalate)
- PAXIL® (paroxetine)
- PROZAC®/SARAFEM® (fluoxetine)
- SYMBYAX® (olanzapine/fluoxetine)
- ZOLOFT® (sertraline)
- LUVOX® (fluvoxamine).

Commonly used SNRIs are:
- CYMBALTA® (duloxetine)
- EFFEXOR® (venlafaxine).

Call your healthcare provider if you have symptoms of serotonin syndrome, which include:
- mental changes (hallucinations, agitation, coma)
- fast heartbeat
- changes in blood pressure
- high body temperature or sweating
- tight muscles
- trouble walking
- nausea, vomiting, diarrhea.

TREXIMET should only be used:
- exactly as prescribed
- at the lowest dose possible for your treatment
- for the shortest time needed.

TREXIMET already contains an NSAID (naproxen). Do not use TREXIMET with other medicines to lessen pain or fever without talking to your healthcare provider first, because they may contain an NSAID also.

What is TREXIMET?

TREXIMET is a prescription medicine used to treat migraine attacks in adults. It does not prevent or lessen the number of migraines you have, and it is not for other types of headaches. TREXIMET contains 2 medicines: sumatriptan and naproxen sodium (an NSAID). This Medication Guide provides important information you need to know before taking TREXIMET. It does not take the place of talking with your healthcare provider about your medical condition or your treatment.

How should I take TREXIMET?
- Take 1 TREXIMET tablet to treat your migraine headache. Do not take more than 2 TREXIMET tablets in 24 hours. Doses should be separated by at least 2 hours.
- TREXIMET can be taken with or without food.
- Do not split, crush, or chew TREXIMET tablets.
- If you take too much TREXIMET, call the Poison Control Center at 1-800-222-1222.

Who should not take TREXIMET?

Do not take TREXIMET right before or after heart bypass surgery.

Do not take TREXIMET if you have or have had:
- uncontrolled high blood pressure
- hemiplegic or basilar migraine. (Ask your doctor if you are not sure what type of migraine you have.)
- liver problems
- an asthma attack, hives, or other allergic reaction with aspirin or any other NSAID medicine
- a heart attack or a history or symptoms of heart disease (such as chest pain or angina)
- a stroke, mini-stroke (transient ischemic attack or TIA), or other stroke-like syndrome
- problems with blood circulation to parts of your body, such as less blood flow to your intestines (ischemic bowel disease)
- allergic reactions to sumatriptan, naproxen, or other ingredients in TREXIMET.

Do not take TREXIMET if you take or have taken an antidepressant medicine called a monoamine oxidase (MAO) inhibitor within the last 2 weeks. Common MAO inhibitors are isocarboxazid (MARPLAN®), phenelzine (NARDIL®), tranylcypromine (PARNATE®), and selegiline (ELDEPRYL®, EMSAM®). Ask your healthcare provider if you are not sure if your medicine is an MAO inhibitor.

Do not take TREXIMET if you have taken other migraine medicines in the last 24 hours such as:
- ergotamine-containing medicine or
- another triptan medicine.

Before starting TREXIMET, tell your healthcare provider about:
- all of your medical conditions including kidney or liver problems
- all allergies to any medicines
- chest pain, shortness of breath, irregular heartbeats
- medicines you may take for migraines, depression, or other health problems such as MAO inhibitors, SSRIs, or SNRIs
- all the prescription and non-prescription medicines you take, including vitamins and herbal supplements. Some medicines can interact with TREXIMET and cause serious side effects.

Keep a list of your medicines to show to your healthcare provider.

Before starting TREXIMET, tell your healthcare provider if you:
- are pregnant, think you might be pregnant, or are trying to become pregnant. **TREXIMET should not be used by pregnant women late in their pregnancy.**
- are breastfeeding
- have a headache that is different from your usual migraine
- have or have had epilepsy or seizures.

What are the possible side effects of TREXIMET?

Serious side effects include:	**Other side effects include:**
• heart attack • heartbeat problems • stroke • high blood pressure • heart failure from body swelling (fluid retention) • kidney problems including kidney failure • bleeding and ulcers in the stomach and intestine • low red blood cells (anemia) • life-threatening skin reactions • life-threatening allergic reactions • liver problems including liver failure • asthma attacks in people who have asthma • loss of blood circulation to areas of your body • serotonin syndrome (See list of symptoms in "What is the most important information I should know about TREXIMET?")	• pain, tightness, or pressure in the chest, neck, and throat • stomach pain • constipation • diarrhea • gas • heartburn • nausea • vomiting • dizziness • drowsiness • tiredness • weakness • tingling and numbness • unusual body sensations • redness of face (flushed)

Get emergency help right away if you have any of the following symptoms:
- shortness of breath or trouble breathing
- chest pain
- swelling of the face or throat
- weakness in one part or on one side of your body
- slurred speech.

Stop TREXIMET and call your healthcare provider right away if you have any of the following symptoms:
- nausea that seems out of proportion to your migraine
- stomach pain
- sudden/severe pain in your belly
- vomit blood
- blood in your bowel movement or it is black and sticky like tar
- itching
- skin rash or blisters with fever
- yellow skin or eyes
- swelling of the arms and legs, hands, feet, face, lips, or tongue
- unusual weight gain
- more tired or weaker than usual
- flu-like symptoms
- serotonin syndrome. See list of symptoms in "What is the most important information I should know about TREXIMET?"

Tell your healthcare provider if you have any side effects that bother you or do not go away. These are not all of the side effects of TREXIMET. For more information ask your healthcare provider.

Call your healthcare provider for medical advice about side effects. You may report side effects at FDA at 1-800-FDA-1088.

How should I store TREXIMET?
- Store TREXIMET at room temperature, 59° to 86°F (15° to 30°C).
- Keep TREXIMET and all medicines out of the reach of children.

General information about TREXIMET
- Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use TREXIMET for a condition for which it was not prescribed.
- Do not give TREXIMET to other people, even if they have the same problem you have. It may harm them.
- This Medication Guide contains the most important information about TREXIMET. If you would like more information, talk with your healthcare provider.
- You can ask your healthcare provider for information written for healthcare professionals.
- For more information call 1-888-825-5249 (toll-free), or visit www.TREXIMET.com.

What are the ingredients in TREXIMET?

Active ingredients: sumatriptan succinate and naproxen sodium

Inactive ingredients: croscarmellose sodium, dextrose monohydrate, dibasic calcium phosphate, FD&C Blue No. 2, lecithin, magnesium stearate, maltodextrin, microcrystalline cellulose, povidone, sodium bicarbonate, sodium carboxymethylcellulose, talc, and titanium dioxide.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

GlaxoSmithKline

GlaxoSmithKline
Research Triangle Park, NC 27709

June 2009 TRX:3MG

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- **BEST OVERALL PRODUCT OF 2010!**
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  BEST ANTI-AGING KIT
  Olay Professional Pro-X Intensive Wrinkle Protocol
- ANTI-AGING MOISTURIZER: Olay Regenerist UV Defense Regenerating Lotion SPF 50
- ANTIPERSPIRANT (WOMEN'S): Secret Flawless Antiperspirant
- BODY LOTION: Vaseline Sheer Infusion with Stratys-3 Moisturizer
- BODY WASH: Suave Naturals® Wild Cherry Blossom Indulgent Body Wash
- COLD MEDICINE: Tylenol Cold Multi-Symptom Nighttime
- CONDITIONER: Suave Professionals Damage Care Conditioner
- COSMETICS (FACE): Covergirl & Olay Simply Ageless Foundation
- FACIAL CLEANSER: Olay Dual Action Cleanser + Pore Scrub
- KIDS BATH CARE: Suave Kids 2-in-1 Free and Gentle Conditioning Shampoo
- LIP CARE: Chapstick Fresh Effects
- NAIL COLOR: Sally Hansen Insta-Dri Fast Dry Nail Color
- RAZOR (WOMEN'S): Venus Spa Breeze Disposables
- SHAMPOO: Pantene Pro-V Nature Fusion Shampoo
- TOOTHBRUSH: Colgate Wisp Toothbrush
- TOOTHPASTE: Crest Pro-Health Enamel Shield Toothpaste

BEST HOUSEHOLD PRODUCTS

- **BEST OVERALL HOUSEHOLD PRODUCT**
  BEST DISHWASHER DETERGENT
  Cascade Complete All-in-1 ActionPacs
- AIR CARE: Febreze Flameless Luminary Air Fragrance
- DISH SOAP: Dawn Pure Essentials Dish Soap
- DOG FOOD: Kibbles 'n Bits Wholesome Medley Dog Food
- FABRIC SOFTENER: Downy Simple Pleasures Sheets
- GENERAL CLEANER: Pledge Multi Surface Cleaner
- HOUSEHOLD CLEANING SUPPLY: Arm & Hammer plus OxiClean DirtFighters Odor & Dirt Eliminator
- LAUNDRY CLEANER: OxiClean Max Force Laundry Stain Remover Spray
- TOILET CLEANER: Lysol Power Toilet Bowl Cleaner with Lime & Rust Remover

BEST FOOD PRODUCTS

- **BEST OVERALL FOOD PRODUCT**
  BEST FRUIT SMOOTHIE
  Yoplait Smoothie
- BETTER FOR YOU SNACK: Kellogg's Special K Snack Crackers Multi-Grain
- CEREAL: Post Selects Apple Caramel Pecan Crunch
- COOKIES: Pillsbury Simply Cookies
- DELI MEAT: Boar's Head EverRoast Chicken Breast
- FORTIFIED WATER: 0 Cal SoBe Lifewater
- FROZEN DESSERT: Edwards Singles Hot Turtle Brownie with Creamy Ice Cream
- FROZEN MEAL: DiGiorno's Crispy Flat Bread Pizza
- FROZEN VEGETABLE: Birds Eye Steamfresh Lightly Sauced Fresh Frozen Vegetables
- HOT TEA: Lipton Green Tea with Citrus
- ICE CREAM: Breyers All Natural Smooth & Dreamy Ice Cream
- PASTA MEAL: Romano's Macaroni Grill Chicken Piccata With Angel Hair Pasta
- SAUSAGE: Johnsonville Bold Beef Hot Links
- SIDE DISH: Old El Paso Side Dishes Fiesta Rice
- SNACK BAR: Quaker True Delights Granola Bar
- SOUP: Campbell's Select Harvest Light Soup
- SUGAR SUBSTITUTE: NatraTaste Blue Sweetener

Subject to Official Rules and entry at bhg.com/bestnewproductawards. No purchase necessary to enter or win. The 2010 Best New Products Sweepstakes begins January 27, 2010, and ends June 30, 2010. Entries must be received by 11:59 p.m., E.T., on June 30, 2010. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per household. Void where prohibited. Sponsor: Meredith Corporation

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Over **50,000 DISCERNING CONSUMERS** participated in an independent research study conducted by BrandSpark International and *Better Homes and Gardens*.* These consumers selected the 42 most appealing and innovative health and beauty, food, and household products of the year. Check out a few of the winners below and what consumers are saying about them!

BEST ANTI-AGING KIT



Olay Professional Pro-X Intensive Wrinkle Protocol

A skin care set containing 3-part daily professional regimen that was clinically proven, according to the British Journal of Dermatology, to be as effective as the leading prescription brand for half the price.

www.olayprofessional.com

"Love this product! It works as well as higher priced items." - Kathryn H.

BEST ANTI-AGING MOISTURIZER



Olay Regenerist UV Defense Regenerating Lotion SPF 50

Olay's first ever anti-aging moisturizer to contain broad-spectrum sun protection of SPF 50, the highest level of sun protection offered by Olay.

www.olay.com

"Olay Regenerist makes my skin feel like silk." - Dee G.

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Secret Flawless

Brings five facets of flawless performance into one essential beauty product providing strong odor and wetness protection, clear application, renewing fragrances, a smooth lightweight formula, and skin nurturing conditioners, all in one package.

www.secret.com

"It goes on clear, it's lightweight and good for my skin." - Katherine S.

BEST BODY WASH



Suave Naturals® Wild Cherry Blossom Body Wash

Infused with cherry blossom extracts and Vitamin E, Suave Naturals® Wild Cherry Blossom Body Wash moisturizes in the shower while leaving an alluring, fresh scent on your skin.

www.suave.com

"It lathers up nicely and has a very pleasant scent." - Arlene A.

BEST FABRIC SOFTENER



Downy Simple Pleasures Sheets

Adding Downy Simple Pleasures Sheets in the dryer helps your fabrics feel wonderfully soft and fresh with less static.

www.downy.com

"Love the scent and softness of my clothes!" - Lisa F.

BEST FACIAL CLEANSER



Olay Dual Action Cleanser + Pore Scrub

A clean scented and oil-free 2-in-1 daily foaming cleanser that combines the power of deep cleansing and exfoliation in one simple step.

www.olay.com

"I need a product that will exfoliate gently and this one does the trick." - Doreen T.

BEST WOMEN'S RAZOR



Venus® Spa Breeze™

Designed for women who seek convenience, but still love to indulge their skin, new Venus® Spa Breeze™ Disposables contain built-in shave gel bars that provide a skin-loving light lather for a smooth shave.

www.gillettevenus.com

"I like that this razor leaves my skin feeling soft and stubble-free." - Bonnie P.

BEST SHAMPOO



Pantene Pro-V Nature Fusion Shampoo

Pantene Pro-V Nature Fusion Moisture Balance shampoo with a Cassia complex helps protect hair from damage, leaving it naturally radiant and touchably soft.

www.pantene.com/naturefusion

"It moisturizes, softens my hair, smells wonderful and has a great price." - Melanie S.

Visit www.bhg.com/bestnewproductawards to download your shopping list of all the winners and to enter our sweepstakes.

*Based on a national study conducted by BrandSpark International among 50,000 consumers. Winners are chosen using consumer appeal and repurchase intent measures proprietary to BrandSpark International. Winners are based on the highest numerical scores, and not necessarily on statistical significance.


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breathe easy



You know that air pollution is bad for the planet. But what's happening to the air inside your home?

by VIRGINIA SOLE-SMITH photos KATHRYN GAMBLE
produced by MEREDITH DRUMMOND and JEAN NORMAN

Your home should be your haven. But for many people, including allergy sufferers and young children, the average house can be a lot less welcoming. New studies show that the air you breathe inside your home can be more polluted than outdoors. And now that spring—and pollen—are here, the situation is at its seasonal worst.

So just what's in your air? Anything that releases gases or particles—from the dust bunnies under your bed, to the scented candle in your bathroom, to your kitchen stove—can be a culprit. "Dust and mold can aggravate asthma and allergies," explains Jeffrey Siegel, Ph.D., an indoor air quality scientist at the University of Texas at Austin. The good news is there are lots of things you can do to improve your indoor air quality—and most are as simple as opening a window.



hot spots

OUT OF SIGHT While your home may look spick-and-span, its air quality is not something you can see. Take a look at this room. The sources of air pollution just might surprise you.

OFF-GASSERS

- Carpets, cabinets, furniture can release chemicals, including toxic formaldehyde.
- Standard-formula paints include volatile organic compounds (VOCs).

SCENTS & SMOKE

- Scented products, from candles to cleaners, can set off allergies.
- Fireplace and cooking smoke contain pollutants.

MOLD

- Molds can grow in any damp area, including air ducts and under sinks.

DUST

- Vacuuming and dusting can release clouds of particles.

RUG: WORLD MARKET

For buying information see page 237.


One hand towel used multiple times.
A single towel used just once.
Kleenex hand towels
Introducing new Kleenex® hand towels. Because your hands are only as clean as the towel used to dry them.
A CLEAN, FRESH HAND TOWEL EVERY TIME.
new!
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LOSE 1 INCH FROM YOUR WAIST IN 2 WEEKS
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Special K
Consult your physician before starting any diet or exercise program. Average waist circumference reduction when replacing meals with two cereal meals is 1.3 inches. Weight loss may vary. ®, TM, © 2010 Kellogg NA Co.

mold

Molds require moisture and oxygen to flourish, so they crop up easily in bathroom corners, dank basements, or under sinks. A mold infestation can trigger asthma and allergies, or, in more concentrated doses, dizziness and flu-like symptoms. You can tackle smaller removal jobs yourself by scrubbing the mold off of hard surfaces with detergent and hot water, then addressing the source of the water damage. Throw out infested porous materials like carpets or ceiling tiles. If you're dealing with mold growth that covers an area larger than ten square feet or has spread inside your central air system, the Environmental Protection Agency recommends hiring a mold remediation company or contractor. Visit *epa.gov/mold* for more info.

How to breathe easier

▶ **CHECK THE HUMIDITY LEVEL** Thirty to 50 percent is optimal; any higher and mold, bacteria, and dust mites flourish. Measure with a digital thermometer or hygrometer. Check your attic and basement, where standing water or humidity over 50 percent can contribute to mold throughout your house. Run a dehumidifier to fix the problem.

▶ **FIND AND FIX LEAKS** "If your basement or attic get wet, or you notice an occasional drip during a heavy rainstorm, that's usually a sign of a more extensive moisture problem," says Alex Wilson, founder of Building Green, (*buildinggreen.com*). Call a plumber, foundation specialist, or roofer to repair leaks.

▶ **USE EXHAUST FANS** The best models vent outdoors and include a HEPA filter to eliminate mold-causing moisture buildup.

smokes & scents

Although we tend to think good smells are a sign of a clean home, in fact, many of the fragrances we love irritate the eyes, noses, and throats of those with allergies or chemical sensitivities. "That goes for cleaning products, air fresheners, potpourri, and perfumes," notes Clifford Bassett, M.D., an allergist and professor at NYU's School of Medicine. And think twice before you strike that match: "It doesn't matter whether you're talking about cigarette smoke, candles, or incense—they all generate tons of harmful particles," says Dr. Siegel. But there is an upside, aside from warmth, if you have a wood-burning fireplace: The fire's heat pushes air out your chimney, taking harmful particles with it and actually increasing your home's circulation.

How to breathe easier

▶ **SEND SMOKE OUTSIDE** Your stove should have a fan strong enough to vent smoke outside.

▶ **GRILL OUTDOORS** "I cook outdoors as much as the weather allows because it's one way to minimize how much pollution my stove creates indoors," notes Dr. Siegel.

▶ **GO FRAGRANCE-FREE** Unscented products off-gas less than their scented counterparts. This is especially important if you just can't live without candles; soy-based are a better bet than paraffin.

▶ **USE GREENER CLEANING PRODUCTS** Baking soda and white vinegar will cover most of your household cleaning needs without polluting your air. "When you do need to use stronger stuff, use the smallest dose possible in a well-ventilated area," suggests Dr. Siegel. "Then store those products in an outdoor shed or other storage area away from your living spaces."

TO TRY

BIOKLEEN LAVENDER-LIME BAC-OUT ($8, *amazon.com*) removes mold and will help keep new growth at bay.



HONEYWELL WIRELESS THERMO-HYGROMETER TM005X ($40, *amazon.com*) lets you check for moisture anywhere in your home.



ECOVER, CLOROX GREENWORKS, MRS. MEYERS, and SEVENTH GENERATION cleaning products replace petroleum-based chemicals and other toxins with safer plant resins and citrus-based solvents.

HILLHOUSE NATURALS SOY CANDLES ($12.50-$27, *hillhousenaturals.com*) are safer options when you want some extra-special light.



off-gassers

Carpets, cabinets, furniture, vinyl shower curtains—almost everything you bring into your home off-gasses a steady stream of chemicals, some of which are toxic. "Formaldehyde is our biggest concern, because it's a known carcinogen and can off-gas for years," says Building Green's Wilson. If you have older cabinets, you're probably past the peak danger, but if you're thinking about remodeling a kitchen, look for cabinets with lower formaldehyde content. "Most of the companies that are doing this are advertising that fact up front," says Wilson. "If you don't see any mention of it, assume they're using standard high-formaldehyde particle board."

Paint is another key concern when you're remodeling, because standard formulations can include a host of dangerous chemicals known as Volatile Organic Compounds (VOCs). "I worry most when expectant moms get that nesting instinct and decide to paint the nursery," says Dr. Siegel. "Resist that urge if you can, because VOCs and other paint chemicals are bad for your developing baby and continue to off-gas for months afterwards." Nowadays, you can easily find no-VOC paint lines from major manufacturers such as Behr and Benjamin Moore.

How to breathe easier

SKIP THE CHEMICALS Ditch the moth crystals and toilet bowl deodorizers when possible; they can contain para-dichlorobenzene (p-DCB), a known carcinogen, says Dr. Siegel.

OPT FOR LOW- OR NO-FORMALDEHYDE "Don't throw out everything in your house that might contain formaldehyde, but it's a good idea to ask if there's a safer alternative whenever you're buying new furnishings, carpets, or cabinetry for your home," advises Siegel.

LET IT BREATHE Whether you've just painted a room or purchased a new sofa, open up the windows and run a fan for a day or two, especially if there's a strong chemical smell right off the bat. "You won't vent out all the toxins, but this can reduce your exposure," says Siegel. Wash bed linens and towels before using.

dust

If you're waking up with a stuffy nose and itchy eyes, or trouble breathing, odds are good that the dust situation in your house isn't under control—and your bedroom is ground zero. "Over two million microscopic dust mites live in the average bed and at least 10 percent of us are allergic to them," says Dr. Bassett. Dust will also gather on blinds, carpets, and around collectibles filling shelves and nooks, so regular dusting is important, though not the whole solution. "Cleaning is great from a hygiene perspective, but every time you dust or vacuum, you're actually releasing huge clouds of particles into the air in your home," says Dr. Siegel. Many of these particles are invisible, while the visible ones float down and reform the very layer of dust you were trying to remove in the first place.

How to breathe easier

DUST CAREFULLY Have your least-allergic family member do the dusting. Allergy-sufferers should wear a paper face mask if they're planning to do any cleaning, says Dr. Bassett. Wait 30 minutes before entering a just-cleaned room so airborne pollutants have a chance to escape or settle.

FIGHT MITES Protect your bedding from dust mites by encasing your mattress and pillows in protective covers and washing all linens weekly in hot water. Kill dust mites in stuffed animals and other bulky items by putting them in the freezer for three to five hours per week.

REMOVE YOUR SHOES "We track in all kinds of dirt, pollen, and pollutants when we wear our shoes indoors," says Dr. Siegel. "All things being equal, shoeless households almost always have better air quality." The exception to that rule: Households with an indoor/outdoor pet. "Your dog is bringing all that same stuff in on his paws and coat, so taking off shoes becomes moot," Dr. Siegel explains. "It's better to maintain a more rigorous cleaning schedule." Keep a track-off mat at the front door.

CONSIDER AIR FILTERS If you're one of the 70 percent of American households with central air, try forced-air filters with a Minimum Efficiency Reporting value (MERV) of 8 or higher. No central air? A freestanding HEPA filter in your bedroom or other main living spaces can do the same job.

TO TRY

TY SHOWER CURTAIN ($30, *graindesign.bigcartel.com*) is made of recyclable #2 plastic, breathes better than vinyl (meaning less mold and mildew), and doesn't off-gas toxins—keeping mold growth at bay.



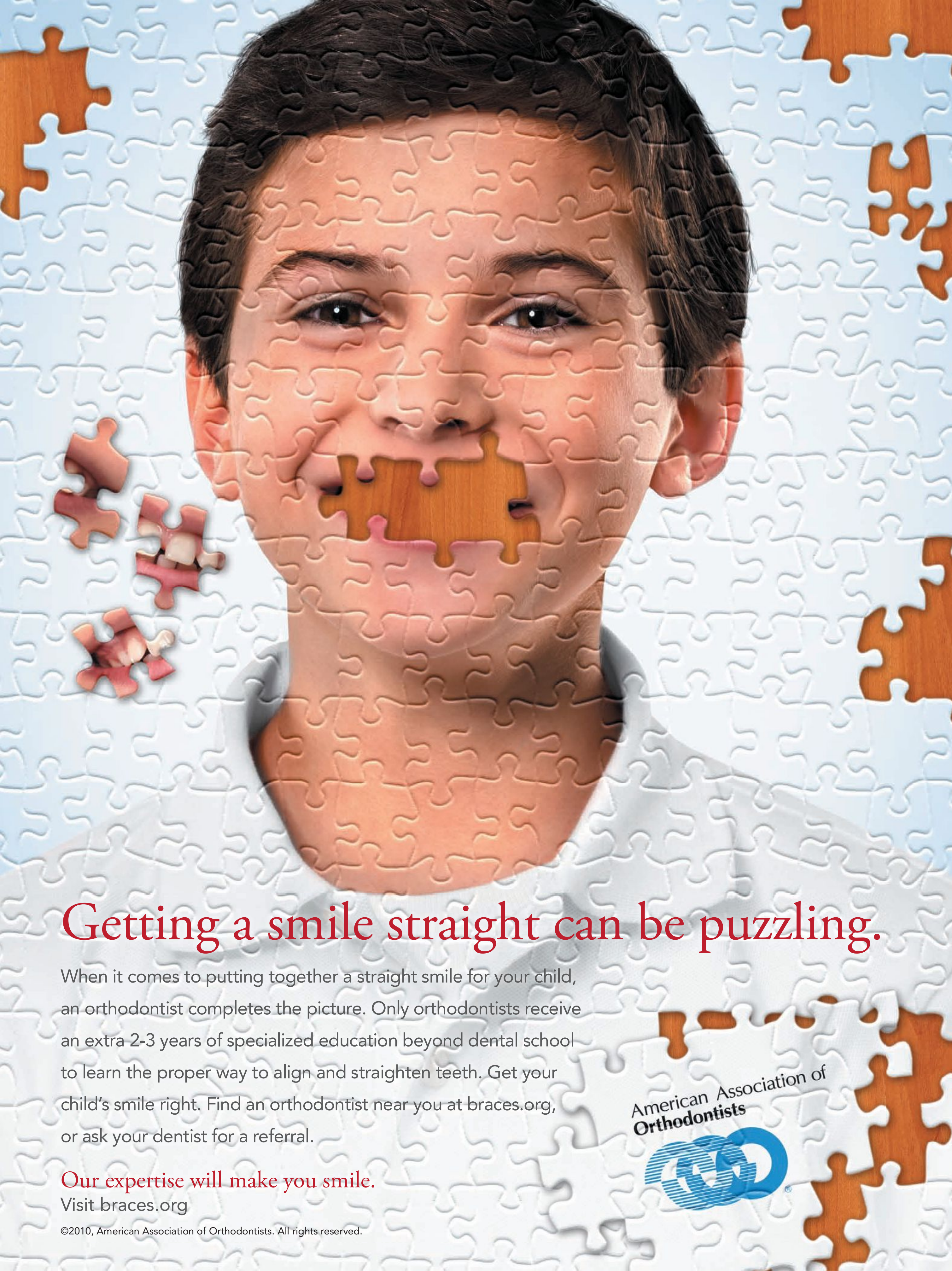
BENJAMIN MOORE NATURA NO-VOC PAINT ($50/gallon, *benjaminmoore.com*). "Ten years ago, paint pros would run the other way if you suggested a no-VOC brand, but their performance is now on par with regular paints," says Wilson.



DYSON DC23 TURBINHEAD VACUUM ($400, dyson.com) has a HEPA filter and reduces total allergen burden. Dysons are the only vacuums certified allergy friendly by the Asthma and Allergy Foundation of America.

GAIAM ORGANIC COTTON MATTRESS PAD ($139-$199, *gaiam.com*) will keep dust mites sealed inside your mattress, away from your sheets and your lungs.




Getting a smile straight can be puzzling.
When it comes to putting together a straight smile for your child, an orthodontist completes the picture. Only orthodontists receive an extra 2-3 years of specialized education beyond dental school to learn the proper way to align and straighten teeth. Get your child's smile right. Find an orthodontist near you at braces.org, or ask your dentist for a referral.
Our expertise will make you smile.
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healthnews

THE INFORMATION YOU NEED TO STAY WELL

by DOUG DONALDSON



anti-sunburn foods

To avoid looking like a steamed lobster this summer, don't forget the sunscreen. But also be sure to eat lots of brightly colored fruits and vegetables, recommends Dr. Howard Murad, a dermatologist and founder of the Murad Inclusive Health Medical Group in El Segundo, California.

"With fruits and vegetables you're protecting your skin from the inside," Murad says. "It's easy to remember: Look at a rainbow and eat raw foods of those colors. These foods encourage the body's own response to help heal from sun damage."

Three to four servings a day of apricots, pomegranates, broccoli, and tomatoes boost the immune system and help prevent damage from free radicals caused by sun exposure. Green tea helps, too. Fruits and vegetables also hydrate your skin, making it more resistant to drying out.

PHOTOS: (APRICOTS) VEER; (R. DISPIRITO): GETTY IMAGES

Comforting!

Star chef Rocco DiSpirito asked his Twitter followers what foods they wished they could eat without feeling guilty. ***Now Eat This!*** contains 150 flavorful makeovers of comfort classics such as mac and cheese and fried chicken. Every recipe is under 350 calories, with a run-down of fat, fiber, cholesterol, protein, carbs, and sodium.




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know your snack bars

SNACK BARS are hard to beat when you're on the go and need a quick pick-me-up. Here are five to try that raise the bar on nutrients and flavor, while keeping calories low.

QUAKER
Fiber & Omega-3 bars add heart-healthy fatty acids (20 percent of daily value) to 9 grams of fiber; 150 calories.



LARABAR
Densely packed with fruit puree and nuts, these bars contain no added sugar and are dairy- and gluten-free; 210 calories, but no big deal if you're on the way to a workout.



FIBER ONE
These chewy General Mills snacks provide 9 grams of fiber, or 35 percent of your daily value. Unlike many granola bars, this one supplies a little calcium, too; 140 calories.



SPECIAL K
If chocolate-covered pretzels hit the sweet spot, you'll love this Kellogg's snack bar. Best feature: It's only 90 calories.



KASHI TLC
Seven whole grains deliver the fiber, crispy soy grahams provide the protein, and dark chocolate and tart cherry morsels bring on the yum factor; 120 calories.



duffel duty

With regular hot-cycle laundering, your gym bag will stay free of bacteria, fungal spores, lice, and scabies, says Betsy Foxman, Ph.D., epidemiology professor at the University of Michigan School of Public Health.

soak up some me time



Devote 20 to 30 minutes every so often to tub time and everyone around you will benefit from your bliss, says Lynne Vertrees, spa director at Lake Austin Spa Resort in Austin, Texas. Her recipe for relaxation? Pour a capful of therapeutic sports massage oil into a warm bath. Vertrees says sports massage oils promote circulation, relieve congestion, and soothe aching muscles. (She recommends Naturopathica's Arnica Muscle & Joint Bath and Body Oil, $32.) If you're more of a traditionalist, go for fragrant Orange Sapphire Bubble Bath (Bath & Body Works, $12); it will transport you to the tropics.

PHOTOS: (GRANOLA & BUBBLE BATH BOTTLE) KATHRYN GAMBLE (GRAIN): GETTY IMAGES

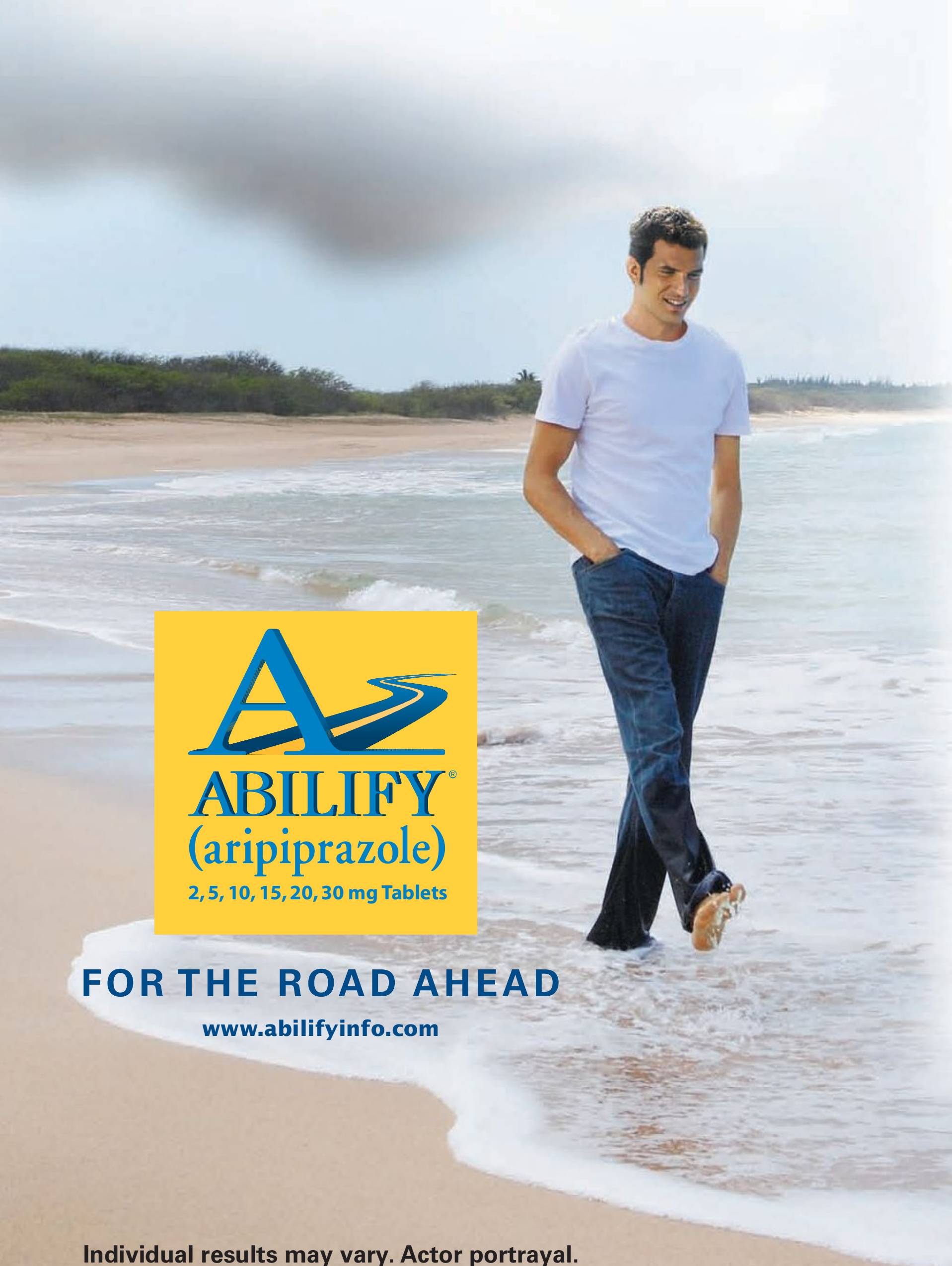
B I P O L A R   D I S O R D E R ?

GETTING HELP MANAGING MY SYMPTOMS WAS A WAY TO MOVE FORWARD.

Maybe ABILIFY can help you.

ABILIFY (aripiprazole) is clinically proven to help control the symptoms of manic and mixed episodes of Bipolar I Disorder in adults and in pediatric patients 10 to 17 years of age. It is one of many treatment options.

Hundreds of thousands of adult patients have been prescribed ABILIFY. Ask your healthcare professional if once-a-day ABILIFY is right for you.



Individual results may vary. Actor portrayal.

IMPORTANT SAFETY INFORMATION:

Elderly patients with dementia-related psychosis (for example, an inability to perform daily activities due to increased memory loss) taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for treating these patients.

Some medicines can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening mood symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose.

- Call your doctor if you develop very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure, as these may be signs of a rare but potentially fatal condition called **neuroleptic malignant syndrome (NMS)**
- If you develop abnormal or uncontrollable facial movements, notify your doctor, as these may be signs of **tardive dyskinesia (TD)**, which could become permanent
- If you have **diabetes** or have risk factors or symptoms of diabetes, your blood sugar should be monitored. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- **Other risks** may include lightheadedness upon standing, decreases in white blood cells (which can be serious), seizures, trouble swallowing, or impairment in judgment or motor skills. Until you know how ABILIFY affects you, you should not drive or operate machinery

Most common side effects (≥10%) from all clinical trials involving adults or pediatric patients include:

- **ADULTS:** Nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, insomnia, and restlessness
- **PEDIATRIC PATIENTS (6 to 17 years):** Sleepiness, headache, vomiting, extrapyramidal disorder (for example, uncontrolled movement disorders or muscle disturbances such as restlessness, tremors and muscle stiffness), tiredness, increased appetite, insomnia, nausea, stuffy nose/sore throat, and increased weight

Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the additional Important Information about ABILIFY on the adjacent page.

If you or someone you know needs help paying for medicine, call 1-888-4PPA-NOW (1-888-477-2669). Or go to www.pparx.org

Partnership for Prescription Assistance

Bristol-Myers Squibb   Otsuka   Otsuka America Pharmaceutical, Inc.

ABILIFY®
(aripiprazole)
2, 5, 10, 15, 20, 30 mg Tablets

IMPORTANT INFORMATION ABOUT ABILIFY

This summary of the Package Insert contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

Name

ABILIFY® (a-BIL-ĭ-fī) (aripiprazole) (air-rĭ-PIP-ra-zall)

What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used alone or with lithium or divalproex to treat manic or mixed episodes of Bipolar I Disorder in adults or pediatric patients (10 to 17 years).

What is Bipolar I Disorder?

Bipolar I Disorder is an illness with symptoms thought to be caused by an imbalance of brain chemicals. People who have Bipolar I Disorder tend to experience extreme mood swings, along with other specific symptoms and behaviors. These mood swings, or "episodes," can take three forms: manic, depressive, or mixed episodes. Common symptoms of a manic episode are: feeling extremely happy, being very irritable and anxious, talking too fast and too much, and having more energy and needing less sleep than usual. Common symptoms of a depressive episode include: feelings of overwhelming sadness or emptiness, low energy, a loss of interest in things, trouble concentrating, changes in sleep or appetite, and thoughts of dying or suicide. A mixed episode includes symptoms that are both manic and depressive.

Who should NOT take ABILIFY?

People who are allergic to ABILIFY or to any substance that is in it. Allergic reactions have ranged from rash, hives and itching to difficulty breathing and swelling of the face, lips, or tongue. Please talk with your healthcare professional.

What is the most important information that I should know about ABILIFY?

Elderly patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Some medicines can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening mood symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your healthcare professional right away if you have any conditions or side effects, including the following:

Stroke or ministroke in elderly patients with dementia: An increased risk of stroke and ministroke has been reported in clinical studies of elderly patients with dementia (for example, increased memory loss and inability to perform daily activities). ABILIFY is not approved for treating patients with dementia.

Neuroleptic malignant syndrome (NMS): Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure **may be signs of NMS, a rare but serious side effect that could be fatal.**

Tardive dyskinesia (TD): Abnormal or uncontrollable movements of face, tongue, or other parts of body may be signs of a serious condition known as TD, which may be permanent.

High blood sugar and diabetes: Patients with diabetes and those having risk factors for diabetes (for example, obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking ABILIFY, and medicines like it.

Orthostatic hypotension: Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

Leukopenia, Neutropenia, and Agranulocytosis: Decreases in white blood cells (infection fighting cells) have been reported in some patients taking antipsychotic agents, including ABILIFY. Patients with a history of a significant decrease in white blood cell (WBC) count or who have experienced a low WBC due to drug therapy should have their blood tested and monitored during the first few months of therapy.

Suicidal thoughts: If you have suicidal thoughts, you should tell your healthcare professional right away.

Dysphagia: Medicines like ABILIFY have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your healthcare professional.

What should I talk to my healthcare provider about?

Patients and their families or caregivers should watch for new or worsening mood symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of antidepressant treatment or whenever there is a change in dose.

Be sure to tell your healthcare provider:

- About any medical conditions you may have
- Whether you're taking any other prescription or over-the-counter medicines, vitamins, or herbal products
- Whether you're pregnant, plan to become pregnant, or are breast-feeding
- If you have or have had a low white blood cell count (WBC)
- If you or anyone in your family has had seizures
- If you or anyone in your family has had high blood sugar or diabetes

What should I avoid when taking ABILIFY (aripiprazole)?

- Avoid overheating and dehydration
- Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohol
- Avoid breast-feeding an infant

What are the possible side effects of ABILIFY?

Common side effects in adults include: nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia.

Common side effects in pediatric patients (6 to 17 years) include: sleepiness, headache, vomiting, extrapyramidal disorder (for example, uncontrolled movement disorders or muscle disturbances such as restlessness, tremors and muscle stiffness), tiredness, increased appetite, insomnia, nausea, stuffy nose/sore throat, and increased weight.

It is important to contact your healthcare professional if you experience prolonged, abnormal muscle spasm or contraction which may be signs of a condition called dystonia.

This is not a complete list of side effects. For full patient information, visit www.abilify.com. Talk to your healthcare professional if you have questions or develop any side effects.

What percentage of people stopped taking ABILIFY (aripiprazole) due to side effects?

The percentage of adults who discontinued taking ABILIFY due to side effects compared to those treated with sugar pill was 11% and 10% in clinical trials of ABILIFY used alone and 12% and 6% in a clinical trial of ABILIFY used with lithium or divalproex.

In clinical trials, the percentage of pediatric patients (10 to 17 years) who discontinued taking ABILIFY due to side effects was 7% and 2% for patients treated with sugar pill.

Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILIFY with some medicines may require your healthcare professional to adjust the dosage of ABILIFY.

Some medicines* include:

- ketoconazole (NIZORAL®)
- quinidine (QUINIDEX®)
- fluoxetine (PROZAC®)
- paroxetine (PAXIL®)
- carbamazepine (TEGRETOL®)

It is important to tell your healthcare professional about all the medicines you're taking, just to be sure.

How should I take ABILIFY?

- Take ABILIFY exactly as directed by your healthcare professional
- ABILIFY is usually taken once a day and can be taken with or without food
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose
- Talk to your healthcare professional before stopping ABILIFY or changing your dose

General advice about ABILIFY:

- ABILIFY should be kept out of the reach of children and pets
- Store ABILIFY Tablets and the Oral Solution at room temperature
- For patients who must limit their sugar intake, be aware that **ABILIFY Oral Solution contains sugar**
- For patients who cannot metabolize phenylalanine (those with phenylketonuria or PKU), **ABILIFY DISCMELT® contains phenylalanine**
- If you have additional questions, talk to your healthcare professional

Find out more about ABILIFY:

Additional information can be found at
www.abilify.com/bipolardisorder

* NIZORAL is a registered trademark of Janssen Pharmaceutica; QUINIDEX is a registered trademark of Wyeth Pharmaceuticals; PROZAC is a registered trademark of Eli Lilly and Company; PAXIL is a registered trademark of GlaxoSmithKline; TEGRETOL is a registered trademark of Novartis Pharmaceuticals.

Based on Full Prescribing Information as of 11/09 1239550A7.

Bristol-Myers Squibb Otsuka Otsuka America Pharmaceutical, Inc.

Tablets manufactured by Otsuka Pharmaceutical Co., Ltd., Tokyo, 101-8535 Japan or Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.

Orally Disintegrating Tablets, Oral Solution, and Injection manufactured by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.

Distributed and marketed by Otsuka America Pharmaceutical, Inc., Rockville, MD 20850 USA.

Marketed by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.

U.S. Patent Nos. 5,006,528; 6,977,257; and 7,115,587.

570US08CBS01904 0309L-2755 D6-B0001D-11-09-BD November 2009


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Splintek. designing health & comfort BH0510
For a coupon, visit sleepright.com or call 1.888.792.0865

seeing sun spots

Q: I recently vacationed at a beach for eight days. Now I have sun spots on my upper lip and cheeks. I was careful to use SPF 50 sunblock. What happened?

A: It sounds like you used either the wrong kind or not enough sunscreen. SPF measures protection against UVB, the sun's burning rays, not UVA, the sun's tanning/freckling/aging rays. Although there is currently no clear standardized measurement on sunscreens for protection against UVA, look for lotions containing titanium dioxide, zinc oxide, avobenzone, or mexoryl. Apply 30 minutes before going outside and reapply every one to two hours while outdoors and after swimming. Reapply to lips after eating or drinking. A hat and umbrella help, as does heading indoors during midday sun. Depending on the type, dark spots can be treated with a laser or topical retinoids.



HEIDI A. WALDORF, M.D.

Dr. Waldorf is director of Laser and Cosmetic Dermatology at The Mount Sinai Medical Center and has a private practice in Nanuet, New York.

ASK ABOUT THE LATEST FITNESS TRENDS, or perhaps about your child's health. E-mail your question to us at *BHGfeatures@meredith.com.* We'll select one question every issue and ask our health advisory panel to answer it. (Sorry, the doctors are not able to respond to all your questions personally.)

SPRING INTO ACTION

If a snowier-than-normal winter sent your will to exercise into hibernation, give yourself a wake-up call with some new fitness gear.



SmartWool W's Microweight Tee
Using high-tech fabric, this T-shirt wicks away sweat and can be worn by itself or as a moisture-busting base layer.
$60; *smartwool.com*



Women's SonicLite HD Vest
Block those sometimes-chilly spring winds and increase your visibility with this vest's brilliant orange color and reflective piping. It also features an easily accessed media player pocket.
$75; ***saucony.com***



Defeet Aireator socks With colors and styles as varied as a bouquet, but longer lasting, these high-performance socks will keep your feet cool in more ways than one.
$10; *defeet.com*



Airope This fun gadget provides the cardio benefits of jump roping without the tripping. Combine with other gear to add intensity.
$35; ***power-systems.com***



Wii Fit Plus
A game that's also a workout, Wii Fit Plus is a step beyond the earlier version, with additional ways to track progress and a wider variety of workouts.
$100, $20 for the upgrade; ***wiifit.com***

PHOTOS: (WORKOUT SHIRTS) KATHRYN GAMBLE



trying eyes

Make peace with the eye-roll, a tween girl's rite of passage that can feel oh so wrong.

by RACHEL SIMPSON

Lucky me. Just in time for Mother's Day, my 11-year-old daughter has mastered a new skill: the eye-roll. I suspect this "gift" will be one that keeps on giving.

When she wonders what's for dinner and I innocently answer "hamburgers," she rolls her eyes. I ask her to put her laundry away and this time I get a sigh to go with the eye-roll. No matter how vividly I can recall doing this to my own mother, my feelings are still hurt. (And my own mom just shakes her head and valiantly refrains from telling me "I told you so.")

> "It's incredibly important not to take it personally."
> PSYCHOLOGIST AND AUTHOR WENDY MOGEL

The classic adolescent eye-roll, says Wendy Mogel, a psychologist and author of *The Blessing of a Skinned Knee*, is one of the ways that a child can show you she has complete disdain for what you've just said, how you run your home, who you are—the complete adult-ness of you. And no matter how prepared for it you think you are, or how many of your friends are experiencing the same thing, it's always a tough pill to swallow, she adds.

"It's incredibly important not to take it personally," she says. "Nearly all mothers of girls go through this."

These ocular expressions of contempt usually begin at about age 11 and occur more frequently with girls than boys, says Catherine Steiner-Adair, a Harvard psychologist specializing in girls' issues. Anything can set them off. And while it's some comfort to know that it's not you, it's her, there are some strategies for dealing with this stop on the adolescent express.

Don't react in the moment, Steiner-Adair advises, especially if the eye-rolling happens in front of her peers. Wait until later, and then say, "You seemed mad. Is there something I should know?" Sometimes that's all that's needed to open the door to a conversation the child wants to have but doesn't know how to start. Another tip: Make sure you aren't answering too fast. She may feel as if you've made up your mind before she even finished.

Knowing how to handle the eye-roll is one thing, but what about the hurt it causes? There's only so much you can do, Steiner-Adair cautions. "If it's really starting to hurt you a lot, call another mom, commiserate, and get some support."

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In other words, get used to it. And be comforted by the knowledge that, to some extent, the girls really can't help it.

"Part of it is just hormonal," says Mogel. Changing levels of hormones and the uncomfortable processes of brain development make adolescents anxious and irritable. And girls, in general, are closer to—and interact more with—their mothers than anyone else, which is why we get the brunt of it. "They are the worst to their mothers. They're lovely in school, good with friends, nice to their dads, and just hideous with their moms," Mogel says.

Perversely, that hideousness is a sign of your good parenting, the goal of which is to produce a healthy, strong individual adult. Eye-rolling is a lead indicator that that's happening. Really.

"It's an adolescent's job to be this way—to ridicule her parents—because it's such a long process of breaking away and becoming an independent adult," says Trisha Thompson, mother of two teenage girls (14 and 17) and a frequent blogger on her life with them at *thefastertimes.com*.

While those rotating eyes might look a lot like disdain or embarrassment to you, "It's the way girls punctuate their transition from little girlhood to adulthood," Steiner-Adair says. It's just another perfectly appropriate developmental stage behavior. "When they were little they would get upset, and cry," she explains. "But now, instead of doing that, they doubt you and question your not letting them be as grown-up as they think they are."

Until then, however, we parents have to negotiate their job with ours: setting limits, instilling respect, growing decent adults. Which also means not doing what Thompson says she's always tempted to do—roll her own eyes back at her daughters in an even more dramatic fashion. "That doesn't make anything better," she says.

WHERE THE BOYS ARE

Boys share with girls the same need to separate from their parents, but manifest it with a different optical tic: Avoidance.

"Mainly what boys do is try to hide," says psychologist Wendy Mogel. Avoiding all eye contact with parents (and other adults) is typical. One technique they use, she adds, is to spend a lot of time with their eyes glued to a screen "so they don't have to look at that awful parent." Another is pretending to get a text when you're talking, just so they can divert attention to the phone and away from you.

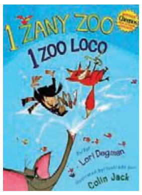
Tween boys are desperate for privacy. "Puberty bathes their brains in hormones, and there's just so much going on with them," Mogel explains. Think voices—and other things—changing. "They're so self-conscious," she adds. They don't have words for the way they're feeling, and often don't understand what's going on, says Mogel.

Boys need compassion and respect, and, yes, privacy. Grant them space, don't take it personally, and when you can, find ways to engage them. Try listening to their music and discussing it, or get them talking about technology—they probably know more than you do. Remember, this is not the epic documentary of their life. It's just another phase.

family news

CUES YOU CAN USE FOR TIME TOGETHER

by RAAKHEE MIRCHANDANI



compose yourself

If all those years of reading to your kids has you feeling qualified to write a book of your own, you might just be right. So says mom, teacher, and first-time children's book author Lori Degman, whose *1 Zany Zoo* won Cheerios' Spoonful of Stories contest. Her best advice for would-be writers? "Get honest feedback." She found an online critique group through the Society of Children's Book Writers and Illustrators (*scbwi.com*) and liked the format: "You can do it in your pajamas!" Her book will be in stores in July, but you can find a free copy in Cheerios boxes right now. **Submit manuscripts for this year's contest through July 15 to *spoonfulsofstoriescontest.com*.**



SAFE RIDES

Got a new driver in the family? Then consider **ZOOMSAFER,** a safety service that recognizes when your teen's car is moving more than 15 mph and intercepts incoming text messages and phone calls to prevent texting-and-driving accidents ($2.99 a month at *ZoomSafer.com*). The software can even send an automatic response, letting Susie's best friend know she's behind the wheel and can't pick up. Parents choose the settings online and can allow certain preapproved numbers to be sent through to a hands-free device.



Ma Belle

This Mother's Day, tell the world about your cool and stylish mom. Submit a vintage photo of her sporting her best back-in-the-day ensemble to the blog **My Mom, The Style Icon** (*momstyleicons.blogspot.com*). Her retro chic will live forever on the site, and the best looks will find their way into author Piper Weiss' book out next year from Chronicle.

High Impact

Concerned about a child's weight? The National Institute of Diabetes and Digestive and Kidney Diseases suggests setting up family activity times. That way, everyone gets exercise—great for super-busy moms—and no one feels singled out. Weekends are perfect for flying a kite or a family car wash. We like an after-dinner bike ride or Hula-hoop contest for weeknights.



ALL OGRE IT

May is the traditional start of blockbuster season, and the month is bookended by two releases sure to keep a nation of 14-year-old boys enthralled: ***Iron Man 2*** (May 7) and ***Prince of Persia: The Sands of Time*** (May 28). But for something the whole family can enjoy, our pick is ***Shrek Forever After,*** the fourth and final film in the series. Find out how the jolly green giant survives his 3-D mid-fairy tale crisis May 21.



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MOM TIME

Pages 30-32: daisies on table cloth, Martha Stewart stickers, Zots, adhesive dots—Michael's Arts & Crafts; 800/642-4235; michaels.com. **Green chairs**—IKEA; 800/434-4532; ikea.com. **Cookie cutters**—H.O. Foose Co.; 610/944-1960; foosecookiecutter.com. **Glass cylinders**—Crate & Barrel; 800/967-6696; crateandbarrel.com (product line varies).

A LEASE ON LIGHT

Pages 36-37: elephant side table, hanging light fixture, vases on mantel, artwork, rug—Armour & Co. Home Emporium; 404/817-3725; armourandco.com. **Wall color** (Mahaka)—Pratt & Lambert Paints; 800/289-7728; prattandlambert.com. **Products not listed**—one of kind.

Pages 38-39: wall color (Durability)—Pratt & Lambert Paints (see previous). **Artwork, rug, white chairs, elephant side table, hanging light fixture over table**—Armour & Co. Home Emporium (see previous). **Vases on table**—Oly studio; for retail sources; olystudio.com. **Light fixture in living room** —IKEA; 800/434-4532; ikea.com.

Pages 40-41: wall color (Dove White)—Benjamin Moore & Co.; benjaminmoore.com. **Side table, lamp, chandelier, cream/orange pillows**—Armour & Co. Home Emporium (see previous).

Page 42: orange stool—Armour & Co. Home Emporium (see previous).

DESKS JOBS

Page 51: wallpaper, Star Flower #WE70002 Jazz Collection—Seabrook Wallcoverings; 800/238-9152; seabrookwallpaper.com. **Aquinna woven cotton rug**— Dash & Albert Rug Co.; 800/442-8157; dashandalbert.com. **Blue box**—Stray Dog Designs; 866/478-7297; straydogdesigns.com. **Art frames**—Larson Juhl/The Gallery at Brookwood; 877/726-4699; thegallery.us. **Picture frame, cup**—Anthropologie; 301/230-6520; anthropologie.com.

Page 52: wallpaper, Veranda Stripe (Yellow)—Thibaut; 800/223-0704; thibautdesign.com. **Orange bowl**—Anthropologie (see previous). **Yellow vase,** "SACK"—West Elm; 888/922-4119; westelm.com. **Frame**—Larson Juhl/The Gallery at Brookwood (see previous). **Rug**—World Market; 877/967-5362; worldmarket.com (product varies by location).

Page 54: "Alvine Ruta" rug—IKEA; 800/434-4532; ikea.com. **White storage box wastepaper basket**—Stray Dog Designs (see previous). **Pet Organizer Binder**—Knock Knock; 800/656-5662; knockknock.biz. **Orange storage box, Lucite desk organizer**—Organize It; 800/210-7712; organize-it.com. **Window shade**—Target Stores; target.com for a location. **Clock, blue vase**—Crate & Barrel; 800/967-6696; crateandbarrel.com (product line varies).

NO PLACE LIKE HOME

Pages 58-64: general contractor—Chuck Taylor; 203/768-8475.

Pages 58-59: folding café chairs—Tulip Tree Collection; 860/868-2802. **Tablecloth fabric**—Brunschwig Fils; brunschwigfils.com. **White enamelware platters**—Pottery Barn; 203/797-1176; potterybarn.com. **Yellow ginger jar as table**—Green Hill Home and Garden; 860/868-6859.

Pages 60-61: blue sofa, club chairs—Maureen Ciriella Design; 203/264-9786. **Rugs**—HomeGoods; 203/797-9427; homegoods.com. **Coffee table**—Lillian August; 203/797-1046; lillianaugust.com. **Mother of Pearl votives**—J. Seitz and Co.; 860/868-0119; jseitz.com. **Art over mantel**—Authantiques; 203/266-9121; authantiques.com. **Metal side** table, floor lamp—Homeward Bound; 860/350-0060; howewardbound.com. **Mirror**—Monique Shay Antiques; 203/263-3186; moniqueshayantiques.com. **Silver bowl on table, lamp on desk**—Tulip Tree Collection; 860/868-2802.

Pages 62-63 (*top*): beds—Pottery Barn (see previous). **Hand crochet pillows**—Verderosa Designs; 203/263-7412; bardot@verderosadesign.com. **Table**—Monique Shay Antiques; 203/263-3186; moniqueshayantiques.com. **Woven straw chairs**—Pottery Barn (see previous). **Mercury glass vase on table**—Homeward Bound (see previous). **Painted buffet**—United House Wrecking; 203/348-5371; unitedhousewrecking.com. **Geometric Rug**—Company C; companyc.com. **Tall vase**—Target; target.com. (***Bottom left***): **headboard**—Pottery Barn (see previous). **Linens, throw pillows**—Target; target.com. **Rug**—HomeGoods (see previous). **Yellow glass lamps**—J Seitz and Co. (see previous). **Bedside tables**—Elephant's Trunk Flea Market; etflea.com. (***Right***): **table, chairs**—Country Loft Antiques; 203/263-4500; countryloftantiques.com. **"Chloe" sofa**—J. Seitz & Co. (see previous). **Throw pillows**—HomeGoods (see previous). **Green linen pillow, glass lamp, green stacking tables**—Pottery Barn (see previous). **Tall galvanized vase**—Target; target.com.

AGE-DEFYING BEAUTY

Pages 68-73: interior designer—Stephanie Rigaux, DC Estates; 301/346-9179; dcestates.net.

Page 68: wall color (Etched Glass) #626—Benjamin Moore & Co.; Benjaminmoore.com. **Cabinets**—Hagerstown Cabinets; 301/733-2930; hagerstownkitchens.com. **Backsplash tile,** "Mizu" line (Sea)—Walker Zanger; 877/611-0199; walkerzanger.com. **Countertops,** "Persia Blanco" Granite—available through a local stone supplier. **Bar stools,** Redford House—Urban Country; urban-country.com. **Cappuccino machine**—Dacor; 800/793-1000; dacor.com (for a dealer or brochure).

Page 70: windows—Weathershield; 800/222-2995; weathershield.com. **Chandelier**—Ebay, ebay.com. **Lights above island**—Rejuvenation Lamp & Fixture Co.; 888/401-1900; rejuvenation.com.

Page 73: double oven, "Profile"—GE Appliances; 800/626-2005; geappliances. com. **Farm sink**—Shaw's Original, **faucet,** Perrin & Rowe Collection—Rohl Home; rohlhome.com. **Jadeite dinnerware, canister, hot plate, drink mixer, juicer, all other accessories**—vintage or personal belongings.

HAPPY CAMPERS

Page 74 tepee, Lucy & Michael "Mack" tent—Lucy & Michael; lucyandmichael.com.

Page 76: rug, Moroccas—Nola Home; 612/374-4066. **Woven floor pillow**—IKEA; 800/434-4532; ikea.com. **Quilted pillows**—Pottery Barn; 800/922-5507; potterybarn.com. **Sofa,** "Gus Modern"—Walsh Design Group, Inside Design; 612/317-0045; walhdesigngroup.com. **Coffee table, woven side table**—vintage, discontinued.

Page 78: striped rug, Dash & Albert—Nola Home (see previous). **Elephant bins**—Giggle; 800/495-8577; giggle.com. **Mickey Mouse lunch box, Fischer Price train**—vintage. **Fire Engine**—Plan Toys;866/517-7526; plantoysusa.com. **Front loader and back loader**—Target; target.com (products vary by store). **Mid-Century Danish teak table, Mid-Century Spinario chairs**—personal belonging. **Pendant shade,** bubble pendant—Room & Board; 800/301-9720; roomandboard.com.

Page 80: outdoor chaise—Frontgate Catalog; 800/436-2100; frontgate.com.



HOLDING COURT

Pages 109-114: landscape designer—William H. Ostrander, Greenwich Home and Garden, LLC., 22 Soundview Dr., Ste 100, Greenwich, CT 06830; 888/HG4U-203. **Patio furniture**—Restoration Hardware; 800/762-1005; restorationhardware.com. **Pillows**—Pottery Barn; potterybarn.com. **Custom-made pillows**—Amy Butler fabrics; amybutlerdesign.com. **Rain chain, copper gutter raincatcher, birdhouse on post**—Frontgate; 888/263-9850; frontgate.com. **Shutter, window boxes, gate, fence contractor**—Chris Wuest, White Birch Builders; 203/531-0300; whitebirchbuilders.com; email: cwuest@whitebirch.com.

EASY CONTAINER GARDENING

Page 117: Yucca filamentosa 'Color Guard'—Biltmore; 800/411-3812; biltmoreforyourhome.com. **Teal container**—Herndon's Des Moines Seed & Nursery Co., 515/274-2586.

Page 120: New Zealand Flax 'Duet'—Lowes; lowes.com. **Calibrachoa 'Callie Yellow'**—Nature Hills Nursery; 402/934-8116; naturehills.com. Available at garden centers nationwide. **Zinnia 'Profusion Fire' seeds**—Burpee; 800/333-5808; burpee.com. Ball; ballhort.com. **Evergreen container**—Hobby Lobby; hobbylobby.com.

Page 122: Tropicanna Canna 'Phasion'—Plant Delights; 919/772-4794; plantdelights.com. Willow Creek Gardens; 760/721-7079; willowcreekgardens.com. **Geranium 'Mrs. Pollock'**—Holt Geraniums; holtgeraniums.com. **Calibrachoa 'Scarlet'**—Proven Winners; provenwinners.com/BHGMay2010. Tesselaar Plants; tesselaar.com. **Lime-green container**—Campania International Inc.; campaniainternational.com.

ON OUR COVER and page 125: 'Meyersii' Asparagus fern—available at garden centers nationwide. **'Bordeaux' Supertunia, 'Sovereign Blue' Echeveria, 'Perle Von Nurnberg' Echeveria**—Proven Winners (see previous). **'Lime Light' Plectranthus**—Kartuz Greenhouses; 760/941-3613; kartuz.com.

THE WOOD SHED

Pages 126-131: glass cloche—Gardener's Supply; 888/833-1412; gardeners.com/bhg.

SOME LIKE IT HOT

Pages 134-138: Zinnia peruviana—The Jefferson Monticello; 800/243-1743; monticellocatalog.org. **'Raggegy Anne,' 'Blue point,' Green Envy,' seeds**—Renee's Garden; reneesgarden.com. **'Peppermint Stick,' 'Swizzle' seeds**—Thompson & Morgan; 800/274-7333; tmseeds.com. **'Benary Giant'**—Johnny's Selected Seeds; johnnyseeds.com. **'Profusion Orange' seeds**—Park Seed Co.; 800/213-0076; parkseed.com. **Variety of zinnia seeds**—Honeyman Farms; 866/530-6385; zinniaseed.com. Burpee; 800/333-5808; burpee.com. **Zinnia information**—Benary; benary.com.

BEAUTY

Page 154: Estée Lauder Michael Kors Very Hollywood lip gloss—fine department stores; esteelauder.com. **OPI nail color**—mass market retailers nationwide; opi.com. **MAC eye shadow**—fine department stores. Sephora stores; maccosmetics.com. **N.Y.C. New York Color's Blushable Crème Stick**—mass market retailers nationwide; newyorkcolor.com. **Nars tone powder blush**—fine department stores; narscosmetics.com. **Revlon ColorBurst Lipstick**—mass market retailers nationwide; revlon.com. **Mary Kay Crème Lipstick**—available from Mary Kay consultants; marykay.com. **Bobbi Brown Coral Pot Rouge**—fine department stores; bobbibrowncosmetics.com. **BareMinerals Morning Blush**—Sephora stores; bareescentuals.com.

Page 156: Physician's Formula Shimmer Strips Custom Eye Enhancing Gel Cream Liners—mass market retailers nationwide; physiciansformula.com. **Temptu**—Sephora stores; temptu.com. **Luminess Air**—available through hsn.com; luminessair.com. **Moroccan Oil**—specialty stores; moroccanoil.com. **Kiehl's**—Kiehl's retail stores; kiehls.com. **Revlon Age Defying Spa Foundation**—mass market retailers nationwide; revlon.com. **Garnier Nutritioniste's Ultra-Lift Pro Deep Wrinke Roller**—mass market retailers nationwide; garnier.com.

Page 158: L'Oréal Sublime Bronze—mass market retailers nationwide; lorealparisusa.com. **Laura Mercier Bronzing Gel**—fine department stores. Sephora stores; lauramercier.com. **St. Tropez Self Tan Bronzing Mousse**—select salons; qvc.com, shop.sttropeztan.com. **Clinique Self-Sun Body Airbrush Spray**—fine department stores. Sephora stores; clinique.com. **Jergens Natural Glow Express Body Moisturizer**—mass market retailers nationwide; jergens.com. **Nivea Sun-Kissed Beautiful Legs**—mass market retailers nationwide; niveausa.com. **Caress Evenly Gorgeous Exfoliating Body Wash**—mass market retailers nationwide; caressskin.com. **Mystic Tan**—mystictan.com for locations. **Hollywood Tan**—hollywoodtan.com for locations.

BREATHE EASY

Page 213-218: Chains indoor-outdoor rug, neutral—World Market; 877/967-5362; worldmarket.com (product varies by location). **Chairs, slipper chairs,** B084310ST—Better Homes & Gardens Furniture Collection; bhgfurniture.com. **Hurricanes and Sooki pillows**—Crate & Barrel; 800/967-6696; crateandbarrel.com (product line varies). **Lack** side table—IKEA; 800/434-4532; IKEA.com.

I DID IT

Page 242: orange wall paint, KILZ (Mondragon)—Walmart (in stores only); walmart.com. **Light orange wall paint** (Indian Summer)—Ace Hardware; acehardware.com. **Rug**—IKEA; 800/434-4532; ikea.com. **Shelves**—Lowe's Home Improvement Stores; 800/445-6937; lowes.com. **Paintings,** Dan S. Robertson—Barkhaus; 617/283-3007; barkhaus.com. **"Sacred Gems" faux chandelier** (adapted and excluding fan)—Urban Outfitters; 800/282-2200; urbanoutfitters.com. **Ru's eyelet dress,** Marrakesh Collection, **slip-on sneakers**—Baby Gap; 800/427-7895; gap.com.

READER SHOPPING



A Bowl Full of Fun

From our Fresh Living story "Mom Time" on *page 30*. To make the fun butterfly- and flower-shape fruit cutouts we used the **BHG Bugs and Butterfly Cutter Kit.** The kit contains nine tinplate cutters: a set of six graduated scalloped flowers ranging from ¾" to 4", a honey bee, a dragonfly, and a butterfly.
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Advertisement



My #1 top skin care picks for 2010

by Kelly Lee, LE Skin Care Contributor

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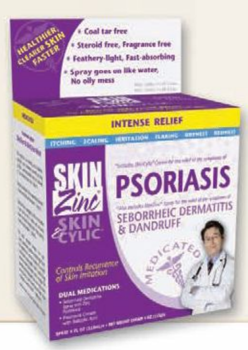
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I did it!

"It took a village, but Ru is outright gaga over her new room. All of her friends like to come over and visit."

LIZ ROBERTSON

WHEN LIZ AND DAN ROBERTSON set out to adopt Rukiya from Ethiopia, they figured the paperwork would give them a year to get their home in shape. Both artists, they wanted to brush their personal style on the 1805 Federal-style house in Eaton, Ohio, and update the kitchen and baths. Unexpectedly, the adoption sailed through in three months. "If only remodelings worked that way!" jokes Liz. Hurriedly, she and Dan splashed the nursery-to-be with exuberant colors inspired by Ru's homeland and Dan's whimsical bee painting. Friends pitched in with the crib, quilt, wardrobe, and rocker. "The crisis resolved itself beautifully, I think," says Liz. —**BETSY HARRIS**

Send your I did it! to ididit@meredith.com.

For buying information see page 237.

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